

THE
ENGLISH
House-Wife,

Syn. 7. 68. 56

CONTAINING

The inward and outward Vertues
which ought to be in a Compleat Woman.

As her skill in *Physick, Chirurgery, Cookery, Extraction of Oyls, Banqueting stuff, Ordering of great Feasts, Preserving of all sort of Wines, concealed Secrets, Distillations, Perfums, Ordering of Wool, Hemp, Flax: Making Cloath and Dying; The knowledge of Dayries: Office of Malting; of Oass, their excellent uses in Families: Of Brewing, Baking, and all other things belonging to an Household.*

A Work generally approved, and now
the Ninth time much Augmented, Purged, and
made most profitable and necessary for all men, and
the general good of this NATION.

By *G. Markham.*

L O N D O N,

Printed for *Hannah Sanbridge*, at the Sign of the Bible
on *Ludgate-Hill.* 1683.

THE

ENGLAND

House of Commons

CONTAINING

The inward and outward

of the House of Commons

21... 537

As the House of Commons is a body of men, and as men are mortal, it is necessary that the House should be renewed from time to time. The House of Commons is a body of men, and as men are mortal, it is necessary that the House should be renewed from time to time. The House of Commons is a body of men, and as men are mortal, it is necessary that the House should be renewed from time to time.

And now generally approved, and now

the House has much Argument, and now
made in it by the House and necessary for all men
the general good of this NATION.

By G. W. Markham.

LONDON.

Printed for Thomas Sandridge, at the Sign of the Ship
on Ludgate-Hill. 1653.



TO THE RIGHT
HONOURABLE

And most Excellent Lady

FRANCES, Countess Dowager
of *EXETER*:

HOWsoever, (Right Honourable and most vertuous Lady) this Book may come to your Noble goodness cloathed in an old name or garment, yet doubtless, (Excellent Madam) it is full of many new-vertues, which will ever admire and serve you; and though it can add nothing to your own rare and unparallelled knowledge, yet may it to those noble good ones (which will indeavour any small spark of your imitation) bring such a light as may make them shine with a great deal of charity. I do not assume to my self (though I am not altogether ignorant in ability to judge of these things) the full invention, and scope of this whole work, for it is true, great Lady, that much of it was a Manuscript, which many years ago belonged to an Honourable Countess, one of the greatest Glories of our Kingdom, and were the opinions of the greatest Physicians which then lived; which being now ap-

The Epistle

proved by one not inferiour to any of the profession, I was the rather emboldned to send it to your blessed hand, knowing you to be a Mistris so full of Honourable piety and goodness, that although this imperfect offer may come unto you weak and disable, yet your noble vertue will support it, and make it so strong in the world, that I doubt not but it shall do service to all those which will serve you, whilst my self and my poor Prayers shall to my last gasp labour to attend you.

The true admirer of your
Noble Vertues,

Gervase Markham.

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The

THE APPROVED BOOK

CALLLED

The English House-wife.

CONTAINING

All the vertuous Knowledges & Actions both of Mind and Body, which ought to be in any Compleat House-wife of what degree or Calling soever.

THE SECOND BOOK.

CHAP. I.

Of the inward vertues of the mind, which ought to be in every House-wife. And first of her general knowledge both in Physick and Chirurgery, with plain approved medicines for health of the House-hold, also the extraction of excellent Oyls fit for those purposes.

HAVING already in a summary Briefness passed through those outward parts of Husbandry which belong unto the perfect Husbandman, who is the Father and Master of the Family, and whose Office and employments are ever for the most part abroad or removed from the house, as in the field or yard: It is now meet, that we descend in as orderly Method as we can, to the office of our *English House-wife*, who is the Mother and Mistress of

Bbb

the



the family, and hath her most general employments within the house; where from the general example of her virtues, and the most approved skill of her knowledge, those of her Family, may both learn to serve God, and sustain man in that godly and profitable sort, which is required of every true Christian.

A House-wife
must be reli-
gious.

First then, to speak of the virtues of her mind, she ought, above all things, to be of an upright and sincere Religion, and in the same both zealous and constant, giving by her example an incitement and spur unto all her Family to pursue the same steps, and to utter forth by the instruction of her life, those virtuous fruits of good living, which shall be pleasing both to God and his Creatures. I do not mean that herein she should utter forth that violence of spirit, which many of our (vainly accounted pure) women do, drawing a contempt to the ordinary Ministry, and thinking nothing lawful but the fantasies of their invention, usurping to themselves a power of preaching and interpreting the Holy Word, to which only they ought to be but hearers and believers, or at the most but modest persuaders; this is not the office either of good Housewife, or good woman. But let your English Housewife be a godly, constant, and Religious woman, learning from the worthy Preacher, and her Husband, those good Examples which she shall with all careful diligence see exercised amongst her Servants.

In which practise of hers, what particular rules are to be observed, I leave her to learn of them who are professed Divines, and have purposely written of this argument; only thus much I will say, which each ones experience will teach him to be true, that the more careful the master and mistress are to bring up their Servants in the daily exercises of Religion toward God, the more faithful they should find them in all their business towards men, and procure Gods favour the more plentifully on all the household; and therefore a small time, morning and evening, bestowed in prayers, and other exercises of Religion, will prove no lost time at the weeks

Shee must be
temperate.

Next unto her sanctity and Holiness of life, it is meet that

that our *English* Housewife be a woman of great modesty and temperance, as well inwardly as outwardly; Inwardly, as in her behaviour and carriage towards her Husband, wherein she shall shun all violence of rage, passion and humour, coveting less to direct than to be directed, appearing ever unto him pleasant, amiable, and delightful; And, tho' occasion of mishaps, or the mis-government of his will may induce her to contrary thoughts, yet vertuously to suppress them, and with a mild sufferance rather to call him home from his error, than with the strength of anger to abate the least spark of his evil, calling into her mind, that evil and uncomely language is deformed, though uttered even to Servants; but most monstrous and ugly, when it appears before the presence of a Husband: Outwardly, as in her apparel and dyet, both which she shall proportion according to the competency of her Husbands estate and calling, making her circle rather strait than large: for it is a rule, if we extend to the uttermost, we take away increase; if we go a hairs breadth beyond, we enter into consumption: but if we preserve any part, we build strong forts against the adversaries of fortune, provided that such preservation be honest and conscionable: for as lavish prodigality is brutish, so miserable covetousness is hellish. Let therefore the Housewives garments be comely and strong, made as well to preserve the health, as to adorn the person, altogether without toyish garnishes, or the gloss of light colours, and as far from the vanity of new and fantastick fashions, as near to the comely imitation of modest Matrons. Let her dyet be wholesome and cleanly, prepared at due hours, and cook'd with care and diligence, let it be rather to satisfy nature, then her affections, and apter to kill hunger than revive new appetites; let it proceed more from the provision of her own yard, than the furniture of the Markets; and let it be rather esteemed for the familiar acquaintance she hath with it, than for the strangeness and rarity it bringeth from other countries.

Other Garments.

Other Dyet.

To conclude, our *English* Housewife must be of chaste thoughts, stout courage, patient, untired, watchful, diligent, witty, pleasant, constant in friendship, full of good Neighbourhood, wise in discourse, but not frequent therein, sharp and quick

Her general Vertues.

of speech, but not bitter or talkative, secret in her affairs, comfortable in her Counsels, and generally skilful in the worthy knowledges which do belong to her vocation; of all or most whereof, I now in the ensuing discourse intend to speak more largely.

Of her vertues
and her know-
ledge in Phy-
sick,

To begin then with one of the most principal vertues which do belong to our English House-wife; you shall understand, that sith the preservation and care of the family touching their health and soundness of body consisteth most in the diligence of her, it is meet that she have a Physical kind of knowledge, how to administer any wholsom receipts or medicines for the good of their healths, as well to prevent the first occasion of sickness, as to take away the effects and evil of the same, when it hath made seisure on the body. Indeed we must confesse, that the depth and secrets of this most excellent Art of Physick, are far beyond the capacity of the most skilful woman, as lodging only in the brest of learned Professors, yet that our Housewife may from them receive some ordinary rules & medicines, which may avail for the benefit of her family, is (in our common experience) no derogation at all to that worthy Art. Neither do I intend here to load her mind with all the symptoms, accidents, & effects which go before or after every sickness, as though I would have her to assume the name of a Practitioner, but only relate unto her some approved medicines, and old Doctrines which have been gathered together, by two excellent and famous Physicians, and in a Manuscript given to a great worthy Countess of this Land, (for far be it from me to attribute this goodness unto mine own knowledge) & deliver'd by my common & ordinary experience, for the curing of those ordinary sicknesses which daily perturb the health of men and women.

Dr. Burker.
Dr. Bœmelius.

Of Feavers in
general.

First then, to speak of Feavers or Agues, the House-wife shall know those kinds thereof, which are most familiar & ordinary, as the *Quoridian* or daily Ague, the *Tertian* or every other dayes ague, the *Quartan* or every third dayes ague, the *Pestilent*, which keepeth no order in his fits, but is more dangerous and mortal. And lastly, the accidental Feaver, which proceedeth from the receipt of some wound, or other painful Perturbation

of the spirits. There be sundry other Feavers, which coming from consumptions, & other long continued sicknesses, do altogether surpass our House-wives capacity.

First then, for the *Quotidian* (whose fits always last above twelve hours) you shall take a nest laid Egg, and opening the crown, you shall put over the white, then fill up the shell with good *Aquavite*, and stir it and the yolk very well together, and then as soon as you feel your cold fit begin to come upon you, sup up the egg, and either labour till you sweat, or else laying great store of cloths upon you, put your self in a sweat in your bed; and thus do while your fits continue; and for your Drink, let it be only Posset-ale.

For a single *Tertian* feaver, or each other days ague, take a quart of Posset-ale, the Curd being well drained from the same, & put thereunto a good handful of *Dandelion*; & then setting it upon the fire, boyl it till a fourth part be consumed, then as soon as your cold fit beginneth, drink a good Draught thereof; and then either labour till you sweat, or else force your self to sweat in your bed; but labour is much the better, provided that you take not cold after it, and thus do while your fits continue, and in all your sickness let your drink be Posset-ale thus boyled with the same herb.

For the accidental Feaver, which cometh by means of some dangerous wound received, although for the most part it is an ill sign, if it be strong & continuing, yet many times it abateth, and the party recovereth when the wound is well tended and comforted with such several balms and hot oyls, as are most fit to be applied to the member so grieved or injured: therefore in this Feaver you must respect the wound from whence the accident doth proceed, & as it recovereth, so shall you see the Feaver wast and diminish.

For the *Hectique* Feaver, which is also a very dangerous sickness, you shall take the oyl of Violets, and mix it with a good quantity of the powder of white *Poppy-seed* finely sear'd, and therewith anoint the small & reins of the parties back, evening & morning, and it wiy not only give ease to the feaver; but also purge and cleanse away the dry scalings, which is ingendred either by this, or any other Feaver whatsoever.

For:

For the quartan, or for any Fever.

For any Feaver whatsoever, whose fit beginneth with a cold, take a spoonful & a half of Dragon water, a spoonful of Rose-water, a spoonful of running water, a spoonful of *Aqua vite*, a spoonful of Vinegar, and half a spoonful of *Mithridate*, or less, and beat all these well together, & let the party drink it before his fit begin.

Of thirst in Fevers.

It is to be understood, that all Feavers of what kind soever they be, and these infectious diseases, as Pestilence, Plague, and such like, are through the inflammation of the blood, and infinitely much subject to drought; so that should the party drink so much as he desired, neither could his body contain it, nor could the great abundance of Drink do other then weaken his stomach, and bring his body to certain destruction.

Wherefore when any man is so overpressed with desire of drink, you shall give him at convenient times, either Posset-ale made with cold herbs, as Sorrel, Purslane, Violet-leaves, Lettuce, Spinnage, & such like, or else a Julip made as hereafter, in the Pestilent Feaver, or some Almond milk; and betwixt those times, because the use of these Drinks will grow wearisome and laothsome to the patient, you shall suffer him to gargle in his mouth good wholsom beer or ale, which the patient best liketh, & having gargled it in his mouth, to spit it out again, and then to take more: and thus do as oft as he pleaseth, till his mouth be cooled: provided, that by no means he suffer any of the drink to go down; & this will much better assuage the heat of his thirst, than if he did drink; and when appetite desireth drink to go down, then let him take either his Julip or his Almond milk.

For any Ague.

To make a Pultis to cure any Ague, foretake Elder leaves, & seeth them in milk till they be soft, then take them up & strain them, and then boyl it again till it be thick, and so use it to the fore as occasion shall serve.

The Quartane Fever.

For the Quartane Feaver, or third day Ague, which is of all Feavers the longest lasting, and many times dangerous Consumptions, black Jaundice, and such like mortal sicknesses follow it: you shall take *Mithridate*, and spread it upon a Lemon-slice, cut of a reasonable thickness, and so as the Lemon
be

be covered with the Mithridate ; then bind it to the pulse of the sick man's wrist of his arme , about an hour before his fit doth begin , and then let him go to his bed warm , and with hot cloths laid upon him , let him try if he can force himself to sweat ; which if he do , then half an hour after he hath sweat , he shall take hot Posset-ale , brewed with a little Mithridate , and drink a good draught thereof , and rest till his fit be passed over ; but if he be hard to sweat , then with the said Posset-ale also you shall mix a few bruised Anniseeds , and that will bring sweat upon him : and thus you shall do every fit till they begin to cease , or that sweat come naturally of its own accord , which is a true and manifest sign that the sickness decreaseth.

To make a
Sweat.

For the Pestilent Feaver , which is a continual sickness full of infection and mortality , you shall cause the party first to be let blood if his strength will bear it : then you shall give him cool Julips made of Endive or Succory water , or the Syrup of Violets , conserve of Barberries , and the juice of Lemmons well mixed and symbolized together.

The Pestilent
Feaver.

Also you shall give him to drink Almond-milk , made with the decoction of cool herbs , as Violet-leaves , Strawberry leaves , French mallows , purslane , and such like ; and if the parties mouth may through the heat of his Stomach , or liver , inflame or grow sore , you shall wash it with the Syrup of Mulberries , & that will not only heal it , but also strengthen his stomach . If (as it is most common in this sickness) the party shall grow costive , you shall give him a Suppository made of Honey , boyl'd to the height of hardness , which you shall know by cooling a drop thereof , and so if you find it hard , you shall then know that the honey is boyl'd sufficiently ; then put Salt to it , and so put it in water , and work it into a roul in manner of a Suppository , and administer it , and it most assuredly bringeth no hurt , but ease to the party , of what age or strength soever he be : during his sickness you shall keep him from all manner of strong Drinks , or hot spices , and then there is no doubt of his recovery .

To preserve your body from the infection of the plague , you shall take a quart of old Ale , and after it hath risen upon

A preservation
against the
Plague.

the

the fire, & hath been scummed, you shall put therein of *Aristolochia longa*, of *Angelica*, and of *Celandine*, of each half a handful, & boyl them well therein; then strain the drink through a clean cloth, & dissolve therein a dram of the best *Mithridate*, as much *Ivory* finely powdered and sear'd, and six spoonfuls of *Dragon* water, then put it up in a close glass; and every morning fasting take five spoonfuls thereof, and after bite and chew in your mouth the dried root of *Angelica*, or smell on a *Noslegay*, made of the tasseld end of a Ship-rope, and they will surely preserve you from infection.

For infection
of the plague.

But if you be infected with the plague, and feel the assured signs thereof, as pain in the head, drought, burning, weaknes of stomach, and such like. Then you shall take a dram of the best *Mithridate*, and dissolve it in three or four spoonfuls of *Dragon* water, and immediately drink it off, and then with hot cloaths or bricks made extream hot, and laid to the soles of your feet (after you have been wrapt in woollen cloths,) compell your self to sweat, which if you do, keep your self moderately therein, till the sore begin to rise; then to the same apply a live pidgeon cut in 2 parts, or else a plaister made of the yolk of an egg, honey, herb of grace chopt exceeding small, & wheat flower, which in very short space will not only ripen, but also break the same without any other incision; then after it hath run a day or two, you shall apply a plaister of *Melilot* unto it, untill it be whole.

For the Pestilence.

Take *Featherfew*, *Malestot*, *Scabious*, and *Mugwort*, of each a like, bruise them and mix them with old Ale, and let the sick drink thereof six spoonfuls, and it will expell the corruption.

Another.

Take *Yarrow*, *Tansie*, *Fetherfew*, of each a handful, and bruise them well together, then let the sick party make water in the herbs, then strain them, and give it the sick to drink.

A preservation
against the pestilence.

Take of *Sage*, *Rue*, *Brier-leaves*, or *Elder-leaves*, of each an handful, stamp them and strain them with a quart of white wine, and put thereto a little Ginger, and a good spoonful of the *Treacle*, and drink thereof morning and evening.

Take

Take *Smallage*, *Mallows*, *Wormwood*, and *Rue*, and stamp them well together, and fry them in oyl Olive, till they be thick, plaister-wise apply it to the place where you would have it rise, and let it lie untill it break, then to heal it up, take the juice of *Smallage*, *Wheat-flower*, and Milk, and boyl them to a Pultis, and apply it morning and evening till it be whole.

How to draw
the Plague
down to any
place you will

Take of *Burrage*, *Langdebeef*, and *Calamint*, of each a good handful, of *Harts-tongue*, *Red Mint*, *Violets*, and *Marygolds*, of each half a handful, boyl them in White-wine, or fair running water, then add a pennyworth of the best *Saffron*, and as much *Sugar*, & boyl them over again well, then strain it into an earthen pot, & drink thereof morning and evening, to the quantity of seven spoonfuls.

A Cordial for
any infection
at the heart.

Take *Linseed* and *Lettuce*, and bruise it well, then apply it to the stomach, and remove it once in four hours.

Against too
violent sweat-
ing.

For the Head-ach, you shall take of *Rose-water*, of the juice of *Camomil*, of *womans milk*, of strong *wine-vinegar*, of each two spoonfuls, mix them together well upon a chafing-dish of coals; then take a piece of a dry *Rose-cake*, and steep it therein, and as soon as it hath drunk up the liquor, and is thoroughly hot, take a couple of sound *Nutmegs*, grated to powder, and strew them upon the *Rose-cake*, then breaking it into two parts, bind it on each side, upon the temples of the head, so let the party lye down to rest, & the pain will in a short space be taken from him.

For the head-
ach.

For *Frenzy*, or inflammation of the cauls of the brain, you shall cause the juice of *Beets* to be with a Syringe squirted up into the patients nostrils, which will purge & cleanse his head exceedingly; and then give him to drink posset-ale, in which *Violet* leaves and *Lettuce* have been boyled, & it will suddenly bring him to a very temperate mildness, and make the passion of the *Frenzy* forsake him.

For the Fren-
zy.

For the *Lethargy*, or extream drowsiness, you shall by all violent means, either by noise or other disturbances, force perforce keep the party from sleeping; and whensoever he calleth for drink, you shall give him White-wine & *Hyssop-water*, of each a little quantity mixt together, and not suffer him to

For the Le-
thargy.

C c c

sleep

sleep above four hours in four & twenty, till he come to his former wakefulness, which as soon as he hath recovered, you shall then forthwith purge his head with the juice of *Beets* squirted up into his nostrils, as it is before shewed.

To provoke
sleep.

But if any of the family be troubled with too much watchfulness, so that they cannot by any means take rest; then to provoke the party to sleep, you shall take of *Saffron* a Dram, dried and beaten to powder, and as much *Lettuce-seed* also dried and beaten to powder, and twice as much *Poppy-seed* beaten also to powder, and mix these with womans milk, till it be a thick salve, and then bind it to the temples of the head, & it will soon cause the party to sleep, and let it lye on not above four hours.

For the swim-
ming of the
Head.

For the swimming or dizziness in the head, you shall take of *Agnus castus*, or *broom-wort*, and of *Camomile* dryed, of each two drams mixt with the juice of *Puy*, oyl of *Roses*, and *White-wine*, of each a like quantity, till it come to a thick salve, & then bind it to the temples of the head, & it will in short space take away the grief.

For the Palsie.

For the Apoplexy or Palsie, the strong scent or smell of a Fox is exceeding soveraign, or to drink every morning half a pint of the decoction of *Lavender*, and to rub the head every morning and evening exceeding hard, with a very clean course cloth, where by the humours may be dissolved and disperst into the outward parts of the body: by all means, for this infirmity, keep your feet safe from cold or wet, and also the nape of your neck; for from those parts it first getteth the strength of evil and unavoidable pains.

For a new
Cough.

For a cough or cold but lately taken, you shall take a spoonful of Sugar finely beaten and sear'd, and drop into it of the best *Aqua vite*, untill all the Sugar be wet through, and can receive no more moisture: then being ready to lye down to rest, take and swallow the spoonful of Sugar down, and so cover you warm in your bed, and it will soon break and dissolve the cold. But if the cough be more old and inveterate, and more inwardly fixt to the lungs, take of the powder of *Betony*, of the powder of *Caraway-seeds*, of the powder of *Sherwit* dryed, of the powder of *Monnds-tongue*, & of *Pepper* onely beaten,

For an old
Cough.

beaten, of each two drams, and mingle them well with clarified hony; make an Electuary thereof, and drink it morning and evening for nine days together; then take of *Sugar candy* courly beaten, an ounce of *Lychoris* finely pared and trimmed, and cut into very little small slices, as much of *Anisi-seeds*, and *Coriander seeds* half an ounce, mix all these together, and keep them in a Paper in your Pocket, and ever in the day time when the cough offendeth you, take as much of this dredg as you can hold between your thumb and fingers, and eat it, and it will give ease to your grief: and in the night when the cough taketh you, take of the juice of *Lycor*, as much as two good Barly corns, and let it melt in your mouth, and it will give you ease.

Although the falling-sickness be seldom or never to be cured, yet if the party which is troubled with the same, will but morning and evening, during the wane of the Moon, or when she is in the sign *Virgo*, eat the berries of the herb *Asterton*, or bear the herbs about him next to his bare skin; it is likely he shall find much ease, and fall very seldom, though this medicine be somewhat doubtful. For the falling-sickness.

For the Falling-evil, take, if it be a man, a Female mole; if a woman, a Male mole, and take them in *March* or else *April*, when they go to the buck; then dry it in an Oven, and make powder of it whole as you take it out of the Earth, then give the sick person of the powder to drink evening and morning for nine or ten days together. For the falling evil.

To take away deafness, take a gray Eel with a white belly, and put her into a sweet earthen pot quick, & stop the pot very close with an earthen cover, or some such hard substance: then dig a deep hole in a horse-dung-hil, and set it therein, and cover it with the dung, and so let it remain for a fortnight, and then take it out, & clear out the oyl which will come of it, and drop it into the imperfect ear, or both, if both be imperfect. An oyl to help hearing.

To stay the flux of the Rheum, take Sage, and dry it before the fire, and rub it to powder, then take Bay-salt, and dry it, and beat it to powder, and take a Nutmeg and grate it, and mix them altogether, and put them in a Long Linnen bag, then heat it upon a Tile-stone, & lay it to the nape of the neck. For the Rheum.

For a stinking
breath.

For a stinking breath, take Oak-buds when they are new bud-
ded out, and distil them, then let the party grieved nine morn-
ings and nine evenings drink of it; then forbear a while, and af-
ter take it again.

A vomit for an
ill breath.

To make a Vomit for a strong stinking breath, you must
take of *Antimonium* the weight of three Barley-corns, and beat
it very small, and mix it with conserve of Roses, and give the
Patient to eat in the morning, then let him take nine days to-
gether the juice of Mints and Sage, then give him a gentle pur-
gation, and let him use the Juice of Mint and Sage longer.
This medicine must be given in the Spring of the year, but if the
infirmity come for want of digestion in stomach, then take *mints*
Marjoram, and *Wormwood*, and chop them small, and boyl them
in *Malmsey* till it be thick, and make a plaister of it, and lay it to
the stomach.

For the tooth-
ach.

For the *Tooth-ach*, take a handful of *Daisy-rod*, and wash
them very clean, and dry them with a cloth, & then stamp them;
and when you have stamped them a good while, take the quan-
tity of half a nut-shell full of bay-salt, and strew it amongst the
roots, and when they are very well beaten, strain them thro' a
clean-cloth; then grate some *Calamus Aromaticus*, and mix it
good and stiff with the juice of the roots, and when you have
done so, put it into a quill, and snuff it up into your nose, and
you shall find ease.

Another.

Another for the *Toothach*: take small *Sage*, *Rue*, *Smallage*, *Fet-
therfew*, *Wormwood*, & *Mints*, of each of them half a handful, then
stamp them well altogether, putting thereto four drams of *Vine-
gar*, and one dram of *Bay-salt*, with a pennyworth of good *A-
qua-vita*, stir them all well together; then put it between two *lin-
nen* clouts, of the bigness of your cheek, temples, and jaw, and
quilt it in a manner of course imbroydery: then set it upon a
Chafingdish of coals, and as hot as you may abide it, lay it over
the side where the pain is, and lay you down upon that side, and
as it cools warm it again, or else have another ready warm to
lay.

A drink for a
Pearl in the
eye.

To make a drink to destroy any pearl or film in the eye, take
a good handful of Marigold plants, and a handful of Fennel, as
much of May-weed, beat them together, then strain them with a
pint

pint of beer, then put it into a pot, and ſtop it cloſe, that the ſtrength may not go out : then let the offended party drink thereof when he is in bed, and lye on that ſide on which the Pearl is, and likewiſe drink of it in the morning next his heart when he is riſen.

For pain in the eyes, take Milk when it comes new from the Cow, and having filled it into a clean veſſel, cover it with a pewter diſh, and the next morning take off the diſh, and you ſhall ſee a dew upon the ſame, with that dew waſh the pained eyes, and it will eaſe them. For pain in the eyes.

For dim eyes, take Wormwood beaten with the gall of a Bull, and then ſtrain it, and anoint the eyes therewith, and it will clear them exceedingly. For dim eyes.

For fore eyes, or blood-ſhotten eyes, take the white of an Egg beaten to oyl, as much Roſe-water, and as much of the juice of Houſleek, mix them well together, then dip flats, Pleagants therein, and lay them upon the fore eyes, and as they dry, ſo renew them again, and wet them ; and thus do, till the eyes be well. For fore eyes.

For watery eyes, take the juice of *Affodil*, *Myrrh*, and *Saffron*, of each a little, & mix it with twice ſo much White-wine, then boyl it over the fire, then ſtrain it and waſh the eye therewith, and it is a preſent help. For watery eyes.

For a Canker, or any fore mouth, take Chervile, and beat it to a ſalve with old Ale & Allom-water, and anoint the fore therewith, and it will cure it. For a Canker.

For any ſwelling in the mouth, take the juice of Wormwood, Camomil, and Sherwit, and mix them with honey, and bath the mouth ſwelling therewith, and it will cure it. A ſwelled mouth.

For the Quinſie or Squinancy, give the party to drink the herb *Mouſe-ear* ſteep in ale or beer, and look where you ſee a ſie. Swine rub himſelf, and there upon the ſame place rub a Slickſtone, and then with it ſlick all the ſwelling, and it will cure it. For the Quinſie.

If you would not be drunk, take the powder of Betony and Coleworts mixt together ; and eat it every morning faſting, as much as will lye upon a ſixpence, and it will preſerve a man from drunkenneſs. Againſt Drunkenneſs.

To quicken
the Wit.

To quicken a mans wits, spirit, & memory, let him take Lang-debeef, which is gathered in *June* or *July*, & beating it in a clean mortar, let him drink the juice thereof with warm water, and he shall find the benefit.

For the Kings
Evil.

If a man be troubled with the *Kings-evil*, let him take the red Dock, & seeth it in Wine till it be very tender, then strain it and so drink a good draught thereof, and he shall find great ease from the same, especially if he do continue the use thereof.

Additions to
the particular
sickneses; and
first of the
Head, and the
parts thereof,
and the lungs.

Take Frankincense, Doves-dung, & Wheat-flower, of each an ounce, and mix them well with the white of an Egg, then plaisterwise apply it where the pain is.

The oyl of Lillies, if the head be anointed therewith, is good for any pain therein.

Take Rue, and steep it in Vinegar a day and a night, the Rue being well bruised; then with the same anoint the head twice or thrice a day.

Another for
the headach,
and to stay
bleeding at the
Nose.

Take the white of an Egg and beat it to oyl, then put to it Rose-water, and the powder of Alabaster, then take flax and dip it therein, and lay it to the temples, and renew it two or three times a day.

To draw out
bones broken
in the head.
For the fall-
ling of the
Mould of the
head.

Take Agrimony and bruise it, and plaister-wise apply it unto the wound, and let the party drink the juice of Betony, and it will expel the bones, and heal the wound.

Take the leaves of Agrimony, and boyl them in hony, till it be thick like a plaister, and then apply it to the Mould of the head warm.

The Squinan-
cy.

Take a Table-napkin or any Linnen cloth, and wet it in cold water, and when you go to bed apply it to the swelling, and lye upright; thus do three or four times in a night, till the swelling waste.

The Tooth-
ash.

Take two or three Dock-roots, and as many Daisie-roots, & boyl them in water till they be soft, then take them out of the water, and boyl them well over again in Oyl-Olive, then strain them through a clean cloth, and anoint the pained tooth therewith, and keep your mouth close, and it will not only take away the pain, but also ease any Megrim or grief in the head.

To make teeth
white.

Take a Sawcer of strong Vinegar, and two spoonfulls of the powder

powder of *Roch-allome*, a spoonful of white Salt, and a spoonful of hony: seeth all these till it be as thin as water, then put it into a close vial and keep it, and when occasion serves wash your teeth therewith with a rough cloth, and rub them soundly, but not to bleed.

Take some of the green of the Elder-tree, or the apples of Oak trees, and with either of these rub thy teeth & gums, and it will loosen them so, as you may take them out. To draw teeth without Iron.

Take Sage and salt, of each alike, and stamp them well together, then bake it till it be hard, & make a fine powder thereof, then therewith rub the teeth evenings and mornings, & it will take away all yellowness. Teeth that are yellow.

First let them bleed, then take *Harts-horn* or *Ivory*, and red *Pimpernel*, and bruise them well together; then put it into a Linen cloth, and lay it to the teeth, and it will fasten them. For teeth that are loose.

Take the juice of *Lovage*, and drop it into the ear, and it will cure any venom, and kill any worm, ear-wig, or other Vermin. For any venom in the ear.

Take two ounces of *Cummin*, and beat it in a Mortar to fine powder; then boyl it in White-wine from a pottle to a quart, then drink thereof morning & evening as hot as you can suffer: or otherwise, take an ounce of wild *Tyme*, and being clean washed, cut it small, and then powder it; then put to it half an ounce of *Pepper* in fine powder, and as much *Cummin*, mix them all well together, and boyl them in a pottle of White-wine, till half be consumed, and after meat (but not before) use to drink thereof hot, also once in the afternoon, & at your going to bed; and it will purge the breath. For a stinking breath which cometh from the Stomach.

Take red Nettles and burn them to powder; then adde as much of the powder of Pepper, & mix them very well together, and snuff thereof up into the nose; and thus do divers times a day. For stinking nostrils.

Take old Ale, & having boyled it on the fire, and cleansed it, addethereunto a pretty quantity of life honey, & as much *Allome*, & then with a Syringe, or such like, wash the sores therewith very warm. For a Canker in the nose.

Take a Gallon of running water, & boyl it to a pottle; then put A red water for any Canker.

put to it a handful of red Sage, a handful of Celandine, a handful of Hony-suckles, a handful of Woodbine leaves & flowers; then take a penny worth of Grains made into fine powder, and boyl all very well together: then put to it a quart of the best life-honey of a year old, and a pound of Roch-Allom, let all boyl together till it come to a pottle, then strain it & put it into a close vessel, and therewith dresse and anoint the Sores as occasion serves: it will ease any Canker or Ulcer, and cleanse any wound. It is best to be made at *Midsummer*.

To clear the
Eyes.

Take the flowers and roots of *Primroses* clean washt in running water, then boyl them in fair running water for the space of an hour, then put thereto a pretty quantity of white *Copperas*, & then strain all through a linnen cloth, & so let it stand a while, and there will an oyl appear upon the water, with that oyl anoint the lids and the brows of your eyes, and the temples of your head, and with the water wash your eyes, and it is most soveraign.

Another for
the Sight.

Take fifteen seeds of *Juniper*, and as many *Gromwel* seeds, five branches of *Fennel*, beat them altogether, then boyl them in a pint of old Ale, till three parts be wasted, then strain it into a Glasse, and drop thereof three drops into each eye at night, and wash your eyes every morning for the space of fifteen dayes with your own water, and it will clear any decayed sight whatsoever.

For sore Eyes.

Take red Snails, & seeth them in fair water, and then gather the oyl that ariseth thereof, and therewith anoint your eyes morning and evening.

For weak eyes.

Take a Gallon or two of the dregs of strong Ale, & put thereto a handful or two of *Cummin*, & as much salt, and then distill it in a Limbeck, and the water is most precious to wash Eyes with.

For bleared
Eyes.

Take Celandine, Rue, Chervile, Plantane, Annise, of each alike; and as much Fennel as of all the rest, stamp them all well together, then let it stand two days and two nights, then strain it very well, and anoint your eyes morning and evening therewith.

For the Pin
and Web in
the Eye.

Take an Egg, and roast it extream hard, then take the white being very hot, and lay in it as much white *Copperas* as a Pease,

pease, and then violently strain it through a fine cloth, then put a good drop thereof into the eye, and it is most soveraign.

Take two drams of prepared Tussia, of Sandragon one dram, of Sugar a dram, bray them all well together till they be exceeding small, then take of the powder, and blow a little thereof into the eye, and it is soveraign.

Take of red Rose leaves, of Smallege, of Maidenhair, Euface, Endive, Succory, red Fennel, Hil-wort, and Celandine, of each half a quarter of a pound, wash them clean, & lay them in steep in white wine a whole day: then distill them in an ordinary Salt, and the first water will be like gold, the second like silver, and the third like balm; any of these is most precious for the eyes, & hath recovered sight lost for the space of ten years, having been used but four dayes.

Take the leaves of Willow, and boyl them well in oyl, and therewith anoint the place where you would have hair to grow, whether upon head or beard.

Take Treacle water, and hony, boyl them together, and wet a cloth therein, and lay it where you would have hair to grow, and it will come speedily.

Take nine or ten eggs, & rost them very hard, then put away the yelks; and bray the Whites very small, with three or four ounces of white Copperas, till it be come to perfect oyatment, then with it anoint the face morning and evening, for the space of a week and more.

Take the rind of Hyssop, and boyl or burn it, and let the fume or smoak go into the mouth, and it will stay any rheum falling from the head.

Take a pint of running water, and three spoonfuls of hony, & boyl them together: and scum off the filth, then put thereto one ounce of small Raisins, and strain it well through a cloth, and so drink it morning and evening.

Take *Aquavita* and Salt, and mix it with strong old Ale, and then heat it on the fire, and therewith wash the soles of the feet when you go to bed.

Take of clean Wheat, & of clean barley, of each a like quantity, and put them into a gallon & a half of fair water, and boyl them

A powder for the pin and web in the eyes.

A precious water for the eyes.

To make hair grow.

Another.

For a pimpled or red sawcy face.

For the rheum.

For hoarshness in the throat.

For a dangerous cough.

For a dry cough.

D d d

them

them till they burst, then strain it into a clean vessel, and adde thereto a quartern of fine *Lycoras* powder, and two penyworth of *gumme Arabick*, then boyl it over again, and strain it, and keep it in a sweet vessel, and drink thereof morning and evening.

For the Pitsick.

Take the best Wort, & let it stand till it be yellow, then boyl it, and after let it cool, then put to it a little quantity of *Barm* and *Saffron*, and so drink of it every morning and evening while it lasteth: otherwise, take *Hore-bound*, *Violet-leaves*, & *Hyssop*, of each a good handful, seeth them in water, & put thereto a little *Sugar*, *Lycoras*, and *Sugar-Candy*; after they have boyled a good while, then strain it into an earthen vessel, and let the sick drink thereof six spoonfuls at a time morning and evening: or lastly, take the lungs of a Fox, and lay it in Rose-water, or boyl it in Rose-water, then take it out, & dry it in some hot place without the Sun; then beat it to powder with *Sugar Candy*, and eat of this powder morning and evening.

For grief in the stomach.

To ease the pain in the stomach, take *Endive*, *Mints*, of each a like quantity, & steep them in White-wine a days space; then straining & adding thereunto a little *Cinnamon* and *Pepper*, give it to the sick person to drink, and if you adde thereto a little of the powder of *Horse-mint*, & *Calamint*, it will comfort the Stomach exceedingly, and occasion swift and good digestion.

For spitting of blood.

For spitting of blood, whether it proceed of inward bruises, overstraining, or such like; you shall take some *pitch*, and a little *Sperma Cati*, and mix it with old Ale, and drink it, and it will stay the flux of blood: but if by means of the bruise, any outward grief remain, then you shall take the herb *Brooke-hemp*, and frying it with sheeps tallow, lay it hot on the grieved place, and it will tak away the anguish.

For vomiting.

To stay the flux of vomiting, take *Wormwood*, and sower bread toasted, of each a like quantity, & beat them well in a mortar; then add to them as much of the juice of *Mints*, and the juice of *Plantane*, as will bring it to a thick salve: then fry them altogether in a frying-pan, and when it is hot, lay it plaisterwise to the mouth of the stomach; then let the party drink a little white-wine and *Chervile*-water mixt together, and then steep sower toasted bread in very strong vinegar; wrap it in a fine cloth, and let

let the sick party smell thereto, and it will stay the excess of vomiting, and both comfort and strenghten the Stomach.

If you would compell one to vomit, take half a spoonful of Stone-crop, and mix it with three spoonfuls of White-wine, and give it to the party to drink, & it will make him vomit presently; but do this seldome, and to strong bodies, for otherwise it is dangerous.

For the *Iliaco passio*, take of Polypody an ounce, and stamp it; For the *Iliaco Passio*, then boyl it with Prunes and Violets in Fennel water, or Anni-feed water; take thereof a good quantity; then strain it, and let the party every morning & evening drink a good draught thereof.

If the Stomach be troubled with wind or other pain, take Cummin, and beat it to powder, and mix it with Red Wine, and drink it at night when you go to bed divers nights together.

Take Brooklime-root & leaves, and wash them clean, and dry them in the Sun, so dry, that you may make powder thereof, then take of the powder a good quantity, & the like of Treacle, and put them in a cup, with a pretty quantity of strong old Ale, and stir them well together, & drink thereof first and last, morning and evening, for the space of three or four dayes; & if need do require, use the same in the broths you do eat, for it is very soveraign.

Take Horts-horn, or Ivory beaten to fine powder, & as much Cinnamon in powder, mix them with Vinegar, & drink thereof to the quantity of seven or eight spoonfuls.

Take the water of Mouseare, & take thereof the quantity of an ounce and a half, or two ounces, twice or thrice a day; or otherwise take a little Nutmeg, a little Cloves, a little Mace, & a very little Ginger, and the flowers of Lavender; beat all unto a fine powder, and when the passion of the Mother cometh, take a Chafingdish of good hot Coals, and bend the patient forward, & cast of the powder into the Chafingdish, so as she may receive the smoak both in at her nose and mouth, and it is a present cure.

Against obstructions in the Liver, take Anniseeds, Ameos, Burnet, Camomile, & the greater Centaury, and boyl them in white

Against the
heat of the
Liver.

wine with a little honey, and drink it every morning, and it will cure the obstructions, & cleanse the Liver from all imperfection.

Against the heat and inflammation of the Liver, take Endive dried to powder, and the meal of *Lupine* seed, and mix it with Hony, & the juice of Wormwood, make a cake thereof, and eat it, and it will assuage the great heat and inflammation of the Liver, and take away the pimples and redness of the face, which proceedeth from the same.

For the Pleurisie.

To prevent a Pleurisie a good while before it come, there is no better way than to use much the exercise of ringing, or to stretch your arms upward, so as they may bear the weight of your body, and so swing your body up and down a good space; but having caught a Pleurisie, & feeling the gripes, stitches, & pangs thereof, you shall presently cause the party to be let blood, and then take the herb *Althaea*, or Holyhock, and boyl it with Vinegar and Linseed, till it be thick plaister-wise, and then spread it upon a piece of Allom-leather, and lay it to the side that is grieved, and it will help it.

A Plaister for a
Stich.

To help a stitch in the side, or elsewhere, take Doves-dung, red Rose-leaves, & put them into a bag, and quilt it: then thoroughly heat it upon a chafingdish of coals, with vinegar in a platter: then lay it upon the pained place, as hot as may be suffered, and when it cooleth heat it again.

Heat in the
Liver.

For any extraordinary heat or inflammation in the Liver, take Barberies, and boyl them in clarified Whey, and drink them, and they will cure it.

For the consumption.

If you will make a Cordial for a Consumption, or any other weakness, take a quart of running water, a piece of Mutton, & a piece of Veal, and put them with the water into a pot; then take of Sorrel, Violet-leaves, Spinage, Endive, Succory, Sage, Hyssop, of each a good quantity; then take Prunes & Raisins, & put them all to the broth, & seeth them from a quart to a pint; then strain the yelk of an Egg, and a little Saffron thereinto; putting in Sugar, whole Mace, and a little White-wine; so seeth them a while together, and let the party drink it as warm as may be.

To Stanch
blood.

To stanch blood, take the herb Shepherds-purse, (if it may be gotten) distilled at the Apothecaries, & drink an ounce thereof at a time, morning and evening, and it will stay any flux
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Endive
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of blood natural or unnatural, but if you cannot get distilled water, then boyl a handful of the herb with Cinnamon, and a little Sugar, in Claret wine, and boyl it from a quart to a pint, and drink it as oft as you please: also, if you do but rub the herb between your hands, you shall see it will soon make the blood return.

For the yellow Jaundice, take 2 penniworth of the best English Saffron, dry it and grind it to exceeding fine powder; then mix it with the pap of a roasted Apple, & give it the diseased party to swallow down in the nature of a Pill, and thus do divers mornings together, & without doubt it is the most present cure that can be for the same, as hath been oftentimes proved.

For the yellow jaundice.

For the yellow Jaundise, take Pimpernel and Chickweed, stamp them and strain them into Posset-Ale; and let the party drink thereof morning and evening.

For the yellow Jaundice, which is desperate, and almost past cure, take sheeps-dung new made, and put it into a cup of beer or ale, and close the cup fast, and let it stand so all night, and in the morning take a draught of the clearest of the drink, and give it unto the sick party.

For the Black Jaundice, take the herb called Penny-royal, and either boyl it in White-wine, or drink the juice thereof simply by it self, to the quantity of three or four spoonfuls at a time, and it will cure the black Jaundice.

For the black jaundice.

Take of Hyssop, Parsley, and Harts-tongue, of each a like quantity, & seeth them in Wort till they be soft, then let it stand till it be cold, and then drink thereof first and last, morning and evening.

Additions for the diseases of the Liver.

Take Fennel-roots, and Parsly-roots of each a like, wash them clean, and pill off the upper Bark, and cast away the pith within; then mince them small; then put them to three Pints of water, & set them over the fire; then take figs and shred them small, take Lycoras, and break it small, and put them to the herbs, and let all boyl very well; then take Sorrel, and stamp it, and put it to the rest, & let it boyl till some part be wasted, then take a good quantity of hony, & put to it, and let it boyl awhile, then take it from the fire, and clarify it through a Strainer into a glass vessel, and stop it very close; then give the sick to drink thereof.

For wasting of the Liver,

thereof morning and evening.

To heal a
Ring-worm
coming of the
heat of the
Liver.
To stanch
blood.

Take the stalk of Saint *Mary Garlick*, and burn it, or lay it upon a hot Tile-stone untill it be very dry, and then beat it into powder, and rub the sore therewith, untill it be whole.

Take Wool in the Walk-mill that cometh from the cloth, & flyeth about like Down, & beat it into powder; then take thereof, and mix it with the White of an Egge and Wheat-flower, and stamp them together: then lay it on a linnen cloth or Lint, and apply it to the bleeding place, and it will stanch it.

For great danger in bleeding.

If a man bleed, and have no present help, if the wound be on the foot, bind him about the ankle: if in the legs, bind him about the knee; if it be on the hand, bind him about the Wrist; if it be on the arm, bind him about the brawn of the arm, with a good list, and the blood will presently stanch.

For a Stich.

Take good store of Cinnamon grated, and put it into posset-ale very hot and drink it, and it's a present cure.

A bath for the Leprosie.

Take a gallon of running water, and put to it as much salt as will make the water as salt as the Sea-water, then boyl it a good while, and bath the legs therein as hot as may be suffered.

For the Dropsie.

For the Dropsie, take *Agnus castus*, Fennel, *Affodil*, dark *Wall-wort*, *Lupins*, and *Wormwood*, of each a handful, and boyl them in a gallon of White-wine untill a fourth part be consumed: then strain it, and drink it morning and evening half a pint thereof, and it will cure the Dropsie; but you must be careful that you take not *Daffodil* for *Affodil*.

Pain in the Spleen.

For pain in the Spleen, take *Agnus castus*, *Agrimony*, *Aniseeds*, *Centaurie* the great, and *Wormwood*, of each a handful, and boyl them in a gallon of White-wine, then strain it, & let the Patient drink divers mornings together half a pint thereof; and at his usual meals let him neither drink Ale, Beer, nor Wine, but such as hath had the herb *Tamarisk* steeped in the same, or for want of the herb let him drink out of the cup made of *Tamarisk* wood. and he shall find remedy.

Pain in the Liver.

For any pain in the side, take *Mugwort* and red *Sage*, and lay them between two Tile-stones, and then put it into a bag, and lay to your side as hot as can be indur'd.

For fatness and short breath.

To help him that is exceeding fat, pursie, & short-breathed: take hony clarified, and bread unleavened, and make Tosts of it, an

and dip the toast in the clarified honey, & eat this divers mornings with your meat.

Take a lump of Iron or Steel, and heat it red hot, and quench it in Wine, and then give the Wine to the sick party to drink.

Take *Fennel-seeds*, and the roots, boyl them in water, and after it is cleansed put to it honey, and give the party to drink; then seeth the herb in Oyl and Wine together, and plaisterwise apply it to the side.

Make a plaister of *Wormwood* boyled in oyl, or make an ointment of the juice of *Wormwood*, of *Vinegar*, *Armoniack*, *Wax*, and *Oyl*, mixed and melted together, and anoint the sides therewith, either in the Sun, or before the fire.

Take the powder of *Galingal*, and mix it with the juice of *Burrage*, and let the offended party drink it with sweet Wine.

Take *Rosemary* & *Sage* of each a handful, & seeth them in white wine or strong ale, and then let the patient drink it luke-warm.

Take the juice of *Fennel* mixt with honey, and seeth them together till it be hard, and then eat it evening & morning, and it will consume the fatness.

For the *Wind-collick*, which is a disease both general, and cruel, there be a world of Remedies, yet none more approved than this which I will repeat: you shall take a *Nutmeg* sound and large, and divide it equally into four quarters; the first morning as soon as you shall rise, eat a quarter thereof; the second morning 2 quarters, and the third eat three quarters, and the fourth morning eat a whole *Nutmeg*; & so having made your stomach and tast familiar therewith, eat every morning whilst the *Collick* offendeth you, a whole *Nutmeg* dry without any composition, & fast ever an hour at least after it, and you shall find a most unspeakable profit which will arise from the same.

For the *Wind-collick*, take a good handful of clean Wheat-meal, as it cometh from the Mill, and two Eggs, and a little *Wine-vinegar*, and a little *Aquavita*, and mingle them together cold, & make a cake of it, and bake it on a gridiron with a soft fire, and turn it often, and tend it with basting of *Aquavita* with a feather; then lay it somewhat higher than the pain is, rather than lower.

For the *Lask* or extreme scouring of the belly, take the seeds

Additions.
To the diseases
of the Spleen.
For stoping of
the Spleen.

Diseases of the
Heart.

For passion of
the heart.
For heart sick-
ness.
For fatness a-
bout the heart.

For the wind
Collick.

The wind Col-
lick.

For the Lask.
of

of the Wood-rose, or Bryer-rose, beat it to powder, and mix a dram thereof with an ounce of the conserve of Sloes, and eat it, and it will in a short space bind and make the belly hard.

For the bloody flux.

For the bloody-flux, take a quart of red wine, and boyl therein a handful of Shepherds-purse, till the herb be very soft: then strain it, and add thereto a quarter of an ounce of Cinnamon, & as much of dried Tanners bark taken from the Ouze, and both beaten to fine powder; then give the party half a pint thereof to drink morning and evening, it being made very warm, and it will cure him.

To stay a lask.

To stay a fore Lask, take Plantane water, and Cinnamon finely beaten, and the flowers of Pomgranates, and boyl them well together; then take Sugar, and the yolk of an Egg, and make a Caudle of it, and give the grieved party it.

For the flux.

For the Flux take Stags pizzel dried and grated, and give it in a drink, either in Beer, Ale, or Wine, and it is most soveraign for any Flux whatsoever. So is the jaw-bones of a Pike, the teeth and all dried and beaten to powder, and so give the party diseased in any Drink whatsoever.

For the worst flux.

To cure the worst bloody flux that may be, take a quart of red wine, & a spoonful of Cummin seed, boyl them together untill half be consumed, then take Knot-grass, & Shepherds-purse, and Plantane, and stamp them severall, and then strain them, and take of the juice of each of them a good spoonful; and put them to the wine, and so seeth them again a little: then drink it luke-warm, half over night, and half the next morning; and if it fall out to be in winter, so that you cannot get the herbs, then take the water of the herbs distilled, of each three spoonfuls, and use it as before.

For costiveness.

For extreme costiveness, or binding in the body, so as a man cannot void his excrements; take Anniseeds, Fenugreek, Linseeds, and the powder of Piony, of each half an ounce, and boyl them in a quart of White-wine, and drink a good draught thereof, and it will make a man go to the Stool orderly, and at great ease.

For worms.

For worms in the belly, either of Child or man, take Aloes *Succotrina*, as much as a half hazel Nut, and wrap it in the pap of a roasted Apple, and so let the offended party swallow it in the manner

manner of a pill fasting in the morning, or else mix it with three or four spoonfuls of Muscadine, and so let the party drink it, & it is a present cure. But if the child be either so young, or the man so weak with sickness, that you dare not administer any thing inwardly, then you shall dissolve your Aloes in the oyle of Savine, making it thick like salve, then plaisterwise spread it upon Sheeps leather, and lay it upon the navil and mouth of the Stomach of the grieved party, and it will give him ease; so will also unset Leeks chopt small & fryed with sweet butter, and then in a linnen bag applied hot to the navil of the grieved party.

Take a quart of red wine, & put to it three yelks of eggs, and a pennyworth of long Pepper and grains, and boyl it well, and drink it as hot as can be suffered: or otherwise, take an ounce of the inward bark of an oak, & a pennyworth of long Pepper, and boyl them in a pint and better of New Milk, and drink it hot first and last morning and evening.

Additions to
the diseases
of the belly
and guts.
For the grea-
test Lax.

Take an egge, and make a little hole in the top, and put out the white, then fill it up again with Aquavitæ, stirring the egge and Aquavitæ, till it be hard, then let the party eat the egge and it will cure him; or otherwise take a pint of red wine and nine yelks of eggs, and twenty Pepper corns small beaten, let them seeth untill they be thick, then take it off, and give the diseased party to eat nine spoonfuls morning and evening.

For the bloo-
dy flux.

Take of Rue and Beets a like quantity, bruise them, and take the juyce, mix it with clarified honey, and boyl it in red wine, & drink it warm first and last morning and evening.

For an easie
Lask.

Take Mercury, Cinkfoyl, and Mallows, and when you make pottage or broth with other herbs, let these herbs before named have most strength in the pottage, and eating thereof, it will give you two stools and no more.

To have two
stools a day
and no more.

Take two spoonfuls of the juyce of Ivy leaves, and drink it three times a day, and it will dissolve the hardness.

For hardness
of the belly
or womb.

Take of the bark of the roots of the elder tree, and stamp it, and mix it with old Ale; and drink thereof a good hearty draught.

Against co-
stiveness.

Take the crums of white bread, and steep it in Milk with Allom and Sugar unto it and eat it, and it will open the belly.

For the wind-
colick.

E e e

Take

For the stop-
ping of the
womb.

Take the Kernels of three Peach stones, and bruise them, seven corns of case pepper, and sliced ginger a greater quantity then of the pepper, pound all together grossly, and put it into a spoonful of Sack (which is best) or else white Wine, or strong Ale, and drink it off in a great spoon, then fast two hours after, and walk up and down if you can; if otherwise, keep your self warm and beware.

For the Rup-
ture.

Take of *Daisies*, *Cumfrey*, *Polipody* of the Oak, and *Avens*, of each half a handful, two roots of *Osmund*, boyl them in strong Ale and Honey, and drink thereof morning, Noone, and night, and it will heal any reasonable Rupture. Or otherwise take of *Smallage*, *Comfrey*, *Setwell*, *Polypody*, that grows on the ground like *searn*, *daisies*, & *mores*, of each a like, stamp them very small, and boyl them well in Barm, untill it be thick like a poultis, and so keep it in a close vessel, and when you have occasion to use it, make it as hot as the party can suffer it, and lay it to the place grieved, then with a trusse, truss him up close, and let him be very careful for straining himself, and in a few dayes it will knit: during which cure, give him to drink a draught of red wine, and put therein a good quantity of the flower of fetches, finely boulded, stirring it well together, and then fast an hour after.

For the Stone.

For the violent pain of the stone, make a posset of milk and sack, then take off the curd, and put a handfull of *Cammomil* flowers into the drink, then put it into a pewter pot, and let it stand upon hot embers, so that it may dissolve; and then drink it as occasion shall serve. Otherwise for this grief, take the stone of an Oxe gall, and dry it in an Oven, then beat it to powder, and take of the quantity of a hazel nut, with a draught of good Ale, or white-wine.

The Collick
and stone.

For the Collick and stone, take Hawthorn berries, the berries of sweet Bryers, and ashen Keyes, & dry them every one severally untill you make them into powder, then put a little quantity of every one of them together, then if you think good, put to it the powder of *Licorae* & *Anniseeds*, to the intent the party may the better take it, then put in a quantity of this powder in a draught of white wine, and drink it fasting. Otherwise you may take *Smallage-seed*, *Parsley*, *Lovage*, *Saxifrage*, and *broom-seed*, of each

each of them a little quantity, beat them into a powder, and when you feel a fit of either of the diseases, eat of this powder a spoonful at a time either in pottage, or else in the broth of a chicken, and so fast two or three hours after.

To make a powder for the collick & stone, take *Fennel*, *Par-* A powder for
fly-seed, *Anny-seed*, and *Caraway-seed*, of each the weight of six the Collick
pence, of *Grunnel-seed*, *Saxifrage-seed* the roots of *Ilapendata* & and Stone.
Lycoras, of each the weight of 12 pence, of *Galingal*, *Spicknard*, and *Cinnamon*, of each the weight of eight pence, of *Senna* the weight of seventeen shillings good weight, beat them all to powder and searfe it, which will weigh in all twenty five shillings and six pence. This powder is to be given in white wine and sugar in the morning fasting, and so to continue fasting two hours after; and to take of it at one time the weight of ten pence, or twelve pence.

Other Physitians for the stone, take a quart of Rhenish or Another.
white wine, and two lemons, and pare the upper rind thin, and slice them into the wine, and as much white soape as the weight of a groat, and boyl them to a pint, & put thereto sugar according to your discretion, and so drink it, keeping your self warm in your bed, and lying upon your back.

For the stone in the reins, take *Ameos*, *Cammomil*, *Maiden hair*, For the stone
Sparrow-tongue and *Philispendula*, each a like quantity, dry it in in the reins.
an oven, and then beat it to powder, and every morning drink half a spoonful thereof with a good draught of white wine, and it will help.

For the stone in the bladder, take a raddish root & slit it cross For the stone
twice, then put it into a pint of white wine & stop the vessel ex in the bladder.
ceeding close; then let it stand all one night, and the next morning drink it off fasting, and thus do divers mornings together, and it will help.

For the stone in the bladder, take the kernels of sloes, and dry A powder for
them on a tile stone, then beat them into powder, then take the the stone in
roots of *Alexander*, *Parlsy*, *Pellitory*, and *Holiboock* of every of their the bladder.
roots a like quantity, and searfe them all in white wine, or else in the broth of a young chicken: then strain them into a clean vessel, and when you drink of it, put into it half a spoonful of the powder of sloe Kernels, Also if you take the oyl of

Scorpion, it is very good to anoint the members, and the tender parts of the belly against the bladder :

A bathe for
the stone.

To make a bath for the stone, take mallows, holyhock, and lilly roots, and linseed, Pellitory of the wall, and seeth them in the broth of a Sheeps head and bath the Reins of the back therewith oftentimes, for it will open the straightenes of the water conduits, that the stone may have issue & assuage the pain, and bring out the gravell with the Urine : but yet in more effect, when a plaister is made and laid upon the reins and belly immediately after the bathing.

A water for
the stone.

To make a water for the stone, take a gallon of new milk of a Red Cow, and put therein a handful of Pellitory of the wall and a handful of wild Thyme, and a handful of *Saxifrage*, and a handful of *Parsly*, and two or three Radish roots sliced, and a quantity of *Philipendula* roots; let them lye in the milk a night, and in the morning put the milk with the herbs into a still, and distill them with a moderate fire of Charcole or such like: then when you are to use the water, take a draught of Rhenish wine or white Wine, & put into it five spoonfuls of the distilled water, and a little Sugar and Nutmeg sliced, and then drink of it, the next day meddle not with it, but the third day doe as you did the first day, and so every other day for a weeks space.

Difficulty of
Urine.

For the difficulty of Urine, or hardness to make water, take Smallage, Dill, Annyseeds, and Burnet, of each a like quantity and dry them and beat them to fine powder, and drink half a spoonfull thereof, with a good draught of White wine.

For hot Urine.

If the Urine be hot & burning, the party shall rise every morning to goe to drink a good draught of new Milk and Sugar mixt together, & by all means to abstain from Beer that is old, hard and tart, and from all meats and sawces which are sower and sharp.

For the Strangulion.

For the Strangulion, take *Saxifrage*, *Polypody* of the Oak; the root of beans, and a quantity of Raisins, of every one three handful or more, and then two gallons of good Wine, or else Wine lees, & put it into a Serpentry, and make thereof a good quantity, and give the sick to drink Morning and Evening a spoonfull at once.

For

For them that cannot hold their water in the night time, For pissing in
take Kids hoof, and dry it, and beat it into powder, and give bed.
it to the patient to drink, either in beer or ale four or five times
over.

For the rupture or burstennesse in men; take *Comfrey* and *Ferne-
ne-osmund*, and beat them together, and yellow wax, and For the Rap-
Dears suet, untill it come unto a salve, and then apply it unto ture.
the broken place, and it will knit it; also it shall be good for
the party to take Comphry roots, & rost them in hot embers, as
you rost wardens, and let the party eat them: for they are very
soveraign for the rupture; especially being eaten in a morning
fasting; and by all means let him wear a strong trusse till it be
whole.

Take Goats claws and burn them in a new earthen pot to
powder, then put of the powder into broth or pottage, & eat it
therein: or otherwise take Rue, Parsley, and Gromwell, and
stamp them together, and mix it with wine and drink it. Additions to
the diseases of
the reins and
bladder.

Take *Agnus castus*, & *Castoreum*, and seeth them together in
wine, and drink thereof; also seeth them in vinegar, & lap it hot
about the privy parts, and it will help. For him that
cannot hold
his water.

Take Malmsey and butter, and warm it, and wash the reins of
the back, whereupon you find pain, then take oyl of Mace, and
anoint therewith. For the Go-
norrhæ, or
shedding of
seed.

First wash the reins of the back with warm white wine, then
anoint all the back with the oyntment called *Perfluane-
to*. For weakness
in the back.

Take a leg of beef, a handful of Fennel roots, a handful of Par-
sly roots, two roots of Comfry one pound of Raisins of the Sun,
a pound of damask Prunes, and a quarter of a pound of Dates,
put all these together, & boyl them very soft, with six leaves of
Nep, six leaves of Clary, twelve leaves of Bittany of the wood,
and a little Harts tongue: when they are sod very soft, take them
into the same broth again, with a quart of sack, & a penniworth
of large mace, and of this drink at your pleasure. For heat in
the reins.
For comfor-
ting and
strengthening
of the back.

For the Hemorrhoids, which is a trouble some and sore grief, For the hemo-
take of Dill, Dog-fennel, and Pellitory of Spain, of each half a
handful, and beat it in a mortar with Sheeps suet and black
Sope, till it come to a salve, and then plaister wise, apply it to
the

For the piles
or hemorrhoids.

the fore, and it will give the grief ease. For the Piles or Hemorrhoids, take half a pint of Ale, and a good quantity of Pepper, and as much Allom as a Walnut, boyl all this together till it be as thick as birdlime, or thicker; this done, take the juyce of white Violets, and the juyce of Housleek, and when it is almost cold, put in the juyce, and strain them altogether, & with this oyntment anoint the fore place twice a day: Otherwise for this grief, take Lead and grate it small, and lay it upon the fore: or else take muscles dried and beat to powder, and lay it on the fores.

For the falling of the fundament.

If a mans fundament fall down through some cold taken, or other cause, let it be forthwith put up again: then take the powder of *Town cross* dried, and strew it gently upon the fundament, and anoint the reins of the back with hony, and then about it strew the powder of Cummin and Calasine mixt together, and ease will come thereby.

Additions to the diseases of the privy parts.

For the hemorrhoids.
For the green sickness.

Take a great handfull of Orpins, & bruise them between your hands, till it be like a salve, and then lay them upon a cloth, and bind them fast to the Fundament.

To help the green sickness, take a pottle of white wine, and a handfull of Rosemary, a handfull of Wormwood, an ounce of Carduus Benedictus seed, and a dram of Cloves; all these must be put into the white wine in a jug, and covered very close, and let it steep a day & a night before the party drink of it, then let her drink of it every morning, & two hours before supper, and so take it for a fortnight, and let her stir as much as she can, the more the better, and as early as she can. Otherwise for this sickness take Hyssop, Fennell, Pennyroyal, of these three, one good handfull, take two ounces of Currants, seeth these in a pint of fair water, to a half, then strain the herbs from the liquor, and put thereto two ounces of fine sugar, and two spoonfulls of white wine vinegar, let the party drink every morning four spoonfulls thereof, and walk upon it.

To encrease a womans milk.

To increase a womans milk, you shall boyl in strong posset ale, good store of Coleworts, and cause her to drink every meal of the same: also if she use to eat boyled Coleworts with her meat, it will wonderfully increase her milk.

To dry up a womans milk, take red sage, and having stamped it

it, and strained the juyce from the same, add thereunto as much wine-vinegar, and stir them well together, then warm it on a flat dish, over a few coals, steep therein a sheet of brown paper, then making a hole in the midst thereof for the nipple of the brest to go through, cover all the brest over with the paper, & remove it as occasion shall serve, but be very careful it be laid very hot to. Some are of opinion, that for a woman to milk her breasts upon the earth, will cause her to dry; but I refer it to triall.

To dry up
Milk.

To help womans fore breasts, when they are swelled, or else inflamed, take Violet-leaves, and cut them small, and seeth them in milk or running water with wheat bran, or wheat bread crumbs, then lay it to the fore, as hot as the party can endure it.

A pultis for
fore breasts
in women.

If a woman have a strong and hard labour, take four spoonfuls of another womans milk, and give it the woman to drink in her labour, and she shall be delivered presently.

For ease in
child-bearing.

If a woman by mischance have her child dead within her, she shall take *Dittander*, *Felwort*, *Pennyroyall*, and stamp them, and take of each a spoonful of the juyce, and mix it with old wine, and give her to drink, and she shall soon be delivered without danger.

Child dead in
the womb.

To make a woman to conceive, let her either drink *Mugwort* steeped in wine; or else the powder thereof mixed with wine, as shall best please her taste.

Aptness to
conceive.

Take the powder of *Corall* finely ground, and eat it in a rare egg, and it will stay the flux.

Additions to
womens infir-
mities.

Against womens terms, make a pessary of the juice of *Mugwort*, or the water that is so foddin in, and apply it; but if it be for the flux of the flowers, take the juyce of *Plantane*, and drink it in red wine.

To cease wo-
mens flowers.

Take a Fomentation made of the water wherein the leaves and flowers of *Tusson* is foddin, to drink up the superfluities of the matrix, it cleanseth the entrance; but this herb would be gathered in harvest; if the woman have pain in the matrix, set on the fire, water that *Amomum* hath been foddin in, and of the decoction make a pessary, and it will give ease.

Against the
flowers.
For the ma-
trix.

Take

A generall
purge for a
woman in
child-bed.

Take two or three eggs, & they must be neither roſt nor raw, but between both, and then take butter that Salt never came in, and put into the eggs, and ſup them off; and eat a piece of brown bread to them, and drink a draught of ſmall Ale.

To deliver
the dead birth.

Take the root of *Aristolochia rotunda*, and boyl it in wine & oyl, make a fomentation thereof, and it helps.

To increaſe
milk.

Take the buds and tender crops of Briony, and boyl them in broth or pottage, and let the woman eat thereof, it is ſovereign.

For a woman
that is new
brought in
bed, and
ſwooneth
much.

Take Mugwort, Motherwort, and Mints, the quantity of a handful in all, ſeeth them together in a pint of Malmſey, and give her to drink thereof two or three ſpoonfuls at a time, and it will appeaſe her ſwooning.

To provoke
ſleep.

Take Henbane ſtamped and mixt with Vinegar, and apply it plaſter-wiſe over all the forehead, and it will cauſe ſleep.

For ſore breſts.

Take Sage, Smallege, Mallowes, and Plantane, of each an handful, beat them all well in a mortar, then put unto them oatmeal and milk, and ſpread it on a fine linnen cloth, an inch thick, and lay it to the breſt or breſts: or otherwiſe, take white bread leaven, and ſtrain it with cream, and put thereto two or three yelks of eggs, ſallet oyl, or oyl of Roſes, and put it upon a ſoft fire till it be warm, and ſo apply it to the breſt.

For morphew
of both kinds.

For Morphew, whether it be white or black, take of the Li-
tharge of gold a dram, of unwrought brimſtone two drams, beat them into fine powder, then take of the oyl of Roſes and Swines greaſe, of each a like quantity, and grind them all together with half a dram of Camphire, and a little vinegar, and anoint the ſame therewith morning and evening.

To breed hair.

To breed hair, take Southernwood, and burn it to aſhes, and mixt it with common oyl, then anoint the bald place therewith morning and evening, and it will breed hair exceedingly.

For the Gout.

For the Gout, take *Aristolochia rotunda*, *Altha*, *Herony*, and the roots of wild Nep, and the roots of the wild Dock, cut in pieces after the upper rind is taken away, of each a like quantity, boyl them all in running water till they be ſoft and thick: then ſtamp them in a mortar, as ſmall as may be, and put

put thereto a little quantity of chimney soot, and a pint of new milk of a Cow, which is all of one intire colour, and as much of the urine of a man that is fasting, and having stirred them all well together, boyl them once again on the fire, then as hot as the party can suffer it, apply it to the grieved place, and it will give him ease.

For the Sciatica, take of mustard seed a good handful, and as much of white hony, and as much weight of figs, and crums of white bread half so much, then with strong vinegar beat it in a mortar till it come unto a salve; then apply it unto the grieved place, & it will give the grieved party ease, so will also a plaister of Oxicrotium, if it be continually warm upon the same. For the Sciatica.

To help all manner of swelling or aches in what part of the body soever it be, or stinging of any venomous beast, as Adder, Snake, or such like; take Hore-hound, Smallage, Porrets, small Mallows, and wild Tansey, of each a like quantity, and bruise them or cut them small: then seeth them altogether in a pan, with milk, oatmeal, and as much sheeps suet, or dears suet, as a Hens egg, and let it boile till it be thick plaister, then lay it upon a blew wollen cloth, and lay it to the grieve, as hot as one can suffer it. For any pain or swelling, or stinging of venomous Beasts.

For any swelling in the legs or feet, take a good handful of water-cresses, and shred them small, and put them in an earthen pot: and put thereto thick Wine lees, and wheat bran, and Sheeps suet, of each of them a like quantity, and let them boyl together untill they be thick; then take a linnen cloth, and bind it about the fore and swelling, as hot as the party grieved can indure it, and let it remain on a whole night and a day without any removing, and when you take it away, lay to it a fresh plaister, hot as before, and it will take away both the pain and the swelling. Other Chirurgions for this grief, take hony and beer, and beat them together, & therewith bathe the swelling morning and evening. For swellings in the legs or feet.

To wash any fore or Ulcer, take running water, & Bole armornick and Camphire, and boyl them together, and dip in a cloth, and lay it to the fore, as hot as may be endured; also Plantane water is good to kill the heat of any fore: or if you take Woodbine leaves, and bruise them small, it will heal a fore; or if you

F f f

wash

wash a fore with verjaye, that hath been burnt or scalded, it is a present remedy.

A pultis for a fore. There be divers others, which for this grieve take the green of Goose dung, and boyl it in fresh butter, then strain it very clean and use it. And Sallet oyl, and Snow water beaten together, will cure any scald or burning.

For any old fore. To cure any old fore how grievous soever it be, take of new milk three quarts & a good handful of Plantane, and let it boyl till a pint be consumed; then add three ounces of Allom made in powder, and an ounce and a half of white Sugar candy powdered. Also then let it boyl a little till it have a curd, then strain it; with this warm, wash the Ulcer, & all the members about it: then dry it, and lay upon the Ulcer *Unguentum Basilicon*, spread on lint, & your *diminium* playster over it, for this strengthnerh and killeth the itch; but if you find this is not sharp enough, then take of milk a quart, Allom in powder two ounces, vinegar a spoonful; when the milk doth seeth, put in the Allom and Vinegar, then take off the curd, and use the rest as was before said, and it will cure it.

For any scabs or itch. For scabs, or itch, take *Unguentum Populion*, and therewith anoint the party, and it will help; but if it be more strong and rank, take an ounce of Nerve oyl, and three pennyworth of quicksilver, and beat & work them together, untill you see that assuredly the quicksilver is killed, then let the party anoint therewith the palms of his hands, the boughs at his elbowes, his armpits, and hams, and it will cure all his body.

For the leprosie. To cure the leprosie take the juyce of Colworts, and mix it with Allom and strong Ale, and anoint the Leper therewith morning and evening, and it will cleanse him wonderfully, especially if he be purged first, and have some part of his corrupt blood taken away.

To take away pimples. To take away either pimples from the face, or any other part of the body, take virgin wax, and *Sperma Cati*, of each alike quantity, and boyl them together, and dip in a fine linnen cloth, and as it cools, dip it well of both sides, then lay upon it another fair cloth upon a table, and then fold up a cloth in your hands, and all to slight it with the cloth, then take as much as will cover the grieved place.

If any man have his privy parts burnt, take the ashes of a fine linnen cloth in good quantity, and put it into the former oyle of eggs, and anoint the fore member therewith, and it will cure it. Privy parts burnt.

For any burning, take six new laid eggs and roast them very hard, and take out the yelks thereof and put them into an earthen pot, and set it over the fire on hot embers, and then whilst the eggs look black, stir them with a slice untill they come to an oyl, which oyl take, clarifie, and put it into a glasse by it self, and therewith anoint the burning and it will cure it. For any burning.

For any scalding with hot water, oyl, or otherwise, take good cream, and set it on the fire, and put into it the green which growes on a stone wall; take also Yarrow, the green of Elder bark and fire grass, and chop them small, then put them into the cream, and stir it well till it come to an oyl salve, then strain it and anoint the fore with it. For any scalding.

To dry up any sore, take Smallage, Groundfil, wild Mallows, and Violet leaves; chop them small, and boyl them in milk with bruised Oatmeal and Sheeps suet, and so apply it to the fore. A pulstise dry a fore.

To eat away dead flesh, take Stubblewort, and fold it up in a red dock leaf, or red wort leaf, and so rost it in the hot embers, and so lay it to the fore, and it will fret away all the dead flesh; or otherwise, if you strew upon the fore a little Precipitate, it will eat away dead flesh. To eat away dead flesh.

To make a water to heal all manner of wounds, you shall take Juph-worts flowers, leaves & roots, and in March or April, when the flowers are at the best, distill it; then with that water bathe the wound, and lay a linnen cloth wet therewith in the wound, and it will heal it. A water to heal wounds.

To heal any wound or cut in any flesh or part of the body, First, if it be fit to be stitch'd, stitch it up, & then take *Unguentum Aurum*, and lay it upon a pleagant of lint as big as the wound, and then over it a *diminium* plaister made of Sallet oyl and red lead, and so dress it at least once in four and twenty hours; but if it be a hollow wound, as some thrust in the body, or other members, then you shall tak *Balsamum Cephalicum*, and warming it on a chafing dish of coals, dip the tent therein, To heal any wound.

and so put it into the wound, then lay your plaister of Diminium over it, and do thus at least once a day untill it be whole.

For sinews cut
or shrunk.

If a mans sinews be cut or shrunk, he shall go to the root of the wild Nep, which is like Woodbine, and make a hole in the midst of the root, then cover it well again that no air go out nor in, or other moisture; thus let it abide a day and a night; then go and open it, and you shall find therein a certain liquor, then take out the liquor and put it into a clean glass, and do thus every day whilst you find any moisture in the hole; and this must only be done in the months of *April* and *May*; then anoint the sore therewith against the fire, then wet a linnen cloth in the same liquor, and lay it about the sore, and the vertue will soon be perceived.

To break any
Impostume.

To break any Imposthume, and to ripen it, only take the green Melilot plaister, and lay it thereunto; and it is sufficient.

Of general
infirmities of
Chyrurgery;
and first of
burnings and
scalding.

For burning
or scalding,
with either
Liquor or
Gunpowder.

Take Plantane water, or Sallet oyl, and running water beaten together, and therewith anoint the sore with a feather, till the fire be taken out, then take the whites of eggs, and beat them to oyl; which done, take a hares skin and clip the hair into the oyl, and make it as thick as you may spread it upon a fine linnen cloth, and so lay it upon the sore, and remove it not, untill it be whole, and if any rise up of it self, clip it away with your shears, and if it be not perfectly whole, then take a little of the oyntment, and lay it unto the same place again: otherwise take half a bushel of Glovers shreads of all sorts; and so much of running water, as shall be thought convenient to seeth them, & put thereto a quarter of a pound of Barrows grease, and then take half a bushel of the down of Cats tails; and boyl them altogether, continually stirring them, untill they be sodden, that they may be strained into an earthen pot or glasse, and with it anoint the sore.

For burnings
or scaldings
on the face.

Or else take Caprifolium, Mouse-ear, ground Ivy, and Hens dung, the reddest or the yellowest, and fry them with May butter altogether, untill it be brown, then strain it through a clean cloth, and anoint the sore therewith.

Take the middle rind of the Elm tree, and lay it two or three hours

hours in fair running water, till it wax ropy like glew, and then anoint the fore therewith: Or otherwise, take sheeps tallow, and sheeps dung, and mix them together till they come to a salve, and then apply it to the fore.

Take Plantane leaves, Daisie leaves, the green bark of Elders, and green Germanders, stamp then altogether with fresh butter, or with oyl, and strain it through a linnen cloth, and with a feather anoint the fore till it be whole. An oyntment for burning.

Take of the oyl Olive a pint, Turpentine a pound unwrought, Wax half a pound, Rosen a quarter of a pound, Sheeps suet two pound; then take of Orpents, Smallage, Ragwort, Plantane, and Sicklewort, of each a good handful, chop all these herbs very small, and boyl them in a pan altogether upon a soaking fire, and stir them exceeding much, untill they be well incorporated together, then take it from the fire, and strain all through a strong canvas cloth into clean pots, or glasses, and use it as your occasion shall serve, either to anoint, tent, or plaister:

Or otherwise, take Popler buds, and Elder buds, stamp and strain them, then put thereto a little Venice Turpentine, Wax, and Rosin, and so boyl them together, and therewith dress the fore. Or else take two handfuls of Plantane leaves, bray them small, and strain out the juyce, then put to it as much womans milk, a spoonful of hony, a yelk of an Egg, and as much wheat flower as you think will bring it to a salve; then make a plaister thereof, and lay it unto the fore, renewing it once in four and twenty hours. Ulcers and fores. A salve for any old fore.

Take an ounce of *Unguentum Apostolorum*, and an ounce of *Unguentum Aegyptiacum*, and put them together in a pot, being first well wrought together in a bladder; & if the flesh be weak, put into it a little fine white Sugar, and therewith dress the fore; or otherwise, take only Precipitate in fine powder, and strew it on the fore. To take away dead flesh.

Take a gallon of Smiths sleek water, two handfuls of Sage, a pint of Hony, a quart of Ale; two ounces of Allom, and a little white Copperas, seeth them altogether till half be consumed, then strain it, & put it into a clean vessel, & therewith wash the fore. A water for a fore.

fore. Or otherwise, take clean running water, and put therein Roch Allom, and Madder, and let them boyl till the Allom and the Madder be consumed, then take the clearer of the water, & therewithall wash the fore.

Or else take Sage, Fennel, Cinquefoil, of each a good handful, boyl them in a gallon of running water till they be tender, then straine the liquor from the herbs & put it to a quarter of a pound of Roch Allom, and let it seeth again a little, till the Allom be melted, then take it from the fire, and use it thus: dip lint in it warm, and lay it to the fore; and if it be hollow, apply more lint, then take a little bolster of linnen cloth, and wet it well in the water, then wring out the water, and so bind on the bolster close.

A black plaister to heal old fores, and kill inflammations.

Take a pint of fallet oyl, & put into it six ounces of red lead, and a little cerusse or white lead, then set it over a gentle fire, & let it boyl a long season, stirring it well till it be stiff, which you shall try it in this order; let it drop from your stick or slice, upon the bottom of a sawcer, and so stand untill it be cold, and then if it be well boyled, it will be stiff and very black, then take it off and let it stand a little, and after strain it through a cloth into a bason, but first anoint the bason with fallet oyl, and also your fingers, and so make it up into rouns plaisterwise, and spread it, and apply it as occasion shall serve.

An oymntment to ripen fores.

Take Mallows and Beets, and seeth them in water, then dry away the water from them, and beat the herbs well with old Boares greafe, and so apply it unto the Apofstume, hot.

For the stinging by any venomous thing.

Take a handful of Rue, and stamp it with rusty bacon till it come to a perfect salve, and therewith dress the sore till it be whole.

For a venom.

If the party be outwardly venomd, take Sage, and bruise it well, and apply it unto the fore, renewing it at least twice a day; but if he be inwardly, then let the party drink the juyce of Sage, either in Wine or Ale morning and evening.

For a Ringworm.

Take Celandine early in the morning, and bruise it well, and then apply it to the fore, and renew it twice or thrice a day.

Take of Camphire one dram, of Quicksilver four penniworth, killed

killed well with Vinegar, then mixt it with two pennyworth of *Oyl de Bay*, and therewith anoint the body. Or otherwise, take red Onions, and seeth them in running water a good while; then bruise the Onions small, & with the water they were sodden in, strain then in, and then wash the infected place with the same.

Take a great quantity of the herb *Benmet*, and as much of red Nettles, pound them well, and strain them, and with the juice wash the patient naked before the fire, and so let it drink in, and wash him again, and do so divers day till he be whole. For the dried
(cab.

Take a pennyworth of white Copperas, and as much green Copperas, a quarter of an ounce of white Mercury, a half pennyworth of Allom, and burn it, and set all over the fire, with a pint of fair water, and a quarter of a pint of wine Vinegar, boyl all these together till they come to half a pint, and then anoint the fore therewith. To kill the
Itch.

Take Barrowes greasse a pretty quantity, and take an apple and pare it, and take the coar clean out, then chop your apple and your Barrowes greafe together, and set it over the fire that it may melt, but not boyl; then take it from the fire, and put thereto a pretty quantity of rose water, and stir all together till it be cold and keep it in a clean vessel, and then anoint the face therewith. To take away
the scars of
the small pox.

Take Quick-silver, and kill it with fasting spittle; then take Verdigrease, Arabick, Turpentine, Oyl Olive, and Populion, & mix them together to one intire oyntment, and anoint the sores therewith, & keep the party exceeding warm. Or otherwise, take of Allom burned, of Rosin, Frankincense, Populion, Oyl of Roses, Oyl de Bay, Oyl Olive, green Copperas, Verdigreese, White Lead, Mercury sublimat, of each a pretty quantity, but of Allom most; then beat to powder the simples that are hard, & melt your oyls, and cast in your powder, and stir all well together; then strain them through a cloth, & apply it warm to the sores, or else, take of Capons greafe that hath toucht no water, the juyce of Rue, & the fine powder of Pepper, & mix them together to an oyntment, and apply it round about the sores, but let it not come in to the sores; and it will dry them up. For the french
or spanish Pox.

Take

To put out the French or Spanish pox. Take Treacle half a penny worth, of long Pepper as much, and of Grains as much, a little Ginger, and a little quantity of Licoris, warm them with strong Ale, and let the party drink it off, and lie down in his bed, and take a good sweat; and then when the sores arise, use some of the ointment before rehearsed.

To make the scabs of the French pox to fall away. Take the juyce of red Fennel, and the juyce of Seagreen, and Stone-honey, and mix them very well together, till it be thick, and with it anoint the party; but before you do anoint him, you shall make this water, Take Sage, and seeth it in very fair water, from a gallon to a pottle, and put therein a quantity of honey,

Addition to green wounds. and some allom, and let them boyl a little together; when you have strained the herbs from the water; then put in your honey and your allom, and therewith wash the pox first, and let it dry in well, and then lay on the aforesaid oyntment.

A defense for a green wound. Take the oyle of the white of an egg, wheat-flower, a little honey, and Venice turpentine, take and stir all these together, and use it about the wound, but not within; and if the wound do bleed, then add to this salve, a little quantity of Bole-armonick.

A salve for a green wound. Take *Opoponax* & *Galbanum*, of each one ounce, *Amoniackum*, and Bedlind, of each two ounces, of Licharge of gold one pound and an half, new wax half a pound, *Lapis Calaminaris* one ounce, Turpentine four ounces, Myrrhe two ounces, oyl of bay 1 ounce, Thus one ounce, *Aristolochia* roots two ounces, oyl of Roses 2 ounces, sallet oyl two pound. All the hard Simples must be beaten to fine powder, and searfed; take also three pints of right wine vinegar, & put the four gums into the vinegar, a whole day before, till the gums be dissolved, then set it over the fire, and let it boyl very softly, untill your vinegar be as good as boyled away; then take an earthen pot with a wide mouth, and put your oyl in, and your wax, but your wax must be scraped before you put it in; then by a little at once put your Licharge, and stir it exceedingly, then put in all your gums, & all the rest, but let your Turpentine be last; and so let it boyl till you see it grow to be thick; then pour it into a bason of water, and work it with oyl of Roses for sticking unto your hands, and make it up in rouls plaister-wise; & here is to be noted, that your oyl of Roses must

not

not be boyled with the rest, but after it is taken from the fire, a little before the Turpentine.

Take three good handfuls of Sage, and as much of Honifuckle leaves, and the flowers clean picked; then take one pound of Roch Allom, and a quarter of a pound right *English* Honey clarified, half a penniworth of grains, two gallons of running water; then put all the said things into the water, and let them seeth till half be consumed; then take it from the fire till it be almost cold, and strain it through a clean cloth, and put it up in a glafs; and then on teint or pleagant, use it as you have occasion.

A Water to heal any green wound, cut or fore.

Take a quart of Rie flower, and temper it with running water, & make dough thereof, then according to the bigness of the wound, lay it within the defenitive plaister before rehearsed, over it, and every dressing make it less and less till the wound be closed.

To staunch blood, and draw sinews together.

Take a quart of Neats-foot Oyl, a quart of Ox galls, a quart of *Aqua-vita*, a quart of Rose-water, a handful of Rosemary stript, and boyl all these together till half be consumed, then press and strain it, and use it according as you find occasion.

A made Oyl for shrinking sinews.

Take Honey, Pitch and Butter, and seeth them together, and anoint the hurt against the fire, and tent the sore with the same.

For a wound in the Guts.

Take groundfil and stamp it, and seeth it with sweet milk till it be thick, then temper it with black Sope, and lay it to the sore.

For pricking with a thorn.

Take Resin a quarter of a pound, of Wax three ounces, of Oyl of Roses one ounce and a half, seeth them all together in a pint of white Wine till it come to skimming: then take it from the fire, and put thereto two ounces of Venice Turpentine, and apply it to the wound or sore.

Together flesh in wounds.

Take Mustard with strong Vinegar, the crums of brown bread, with a quantity of honey, and six Figs mixt, temper all together well, and lay it upon a cloth plaister-wise; put a thin cloth between the plaister and the flesh, and lay it to the place grieved, as oft as need requires.

Additions for ache or swellings.

Take a pound of fine Resin, of oyl *de bay* two ounces, of *Poppulion* as much, of Frankincense half a pound, of oyl of Spike two ounces, of oyl of Camomile two ounces, of oyl of Roses two ounces,

A yellow Scar-cloth for any pain or swelling.

ces, of Wax half a pound, of Turpentine a quarter of a pound, melt them and stir them well together, and then dip Linnen cloths therein, and apply the Sear-cloth as you shall have occasion. And Note, The more oyl you use, the more supple the Sear-cloth is, and the less oyl, the stiffer it will be.

For bruises
swelled.

Take a little black Sope, Salt and Honey, and beat them well together, and spread it upon a brown paper, and apply it to the bruise.

For swelled
Legs.

Take Mallowes and seeth them in the dregs of good Ale or Milk, and make a plaister thereof, and apply it to the place swelled.

For any ache.

Take in the month of *May* Henbane, and bruise it well, and put it into an Earthen pot, and put thereto a pint of Sallet Oyl, and set it in the Sun till it be all one substance, then anoint the ache therewith.

A Plaister for
any pain in
the Joynts.

☞ Take half a pound of unwrought Wax, as much Rosin, one ounce of *Galbanum*, a quarter of a pound of Litharge of gold, three quarters of white lead, beaten to powder and searst, then take a pint of Neats-foot oyl, and set it on the fire in a small Vessel which may contain the rest, and when it is all moulten, then put in the powders, and stir it fast with a sice, and try it upon the bottom of a saucer, when it beginneth to be somewhat hard; then take it from the fire, and anoint a fair board with Neats-foot oyl, and as you may handle it for heat, work it up in roulds, and it will keep five or six years, being wrapped up close in paper, and when you will use it, spread of it thin upon new Lockram or Leather, somewhat bigger then the grief, and so if the grief remove, follow it, renewing it morning and evening, and let it be somewhat warm when it laid on, and beware of taking cold, and drinking hot Wines.

For bones out
of joynt, or
finews sprung
or sprained.

Take four or five yelks of eggs hard sodden or roasted, and take the branches of great Morall, and the Berries in Summer, and in the Winter the roots, & bray all well together in a Mortar with sheeps milk, and then fry it until it be very thick, and so make a plaister thereof, and lay it about the sore, and it will take away both pain and swelling.

Take

Take a gallon of standing Lye, put to it of Plantane and Knot-grass, of each two handfuls, of Wormwood & Comfrey, of each a handful, & boyl all these together in the lye a good while, and when it is luke-warm, bathe the broken member therewith, and take the buds of the Elder gathered in *March*, and strip it downward, and a little boyl them in Water, then eat them in Oyl, and a very little Wine Vinegar, a good quantity at a time in the morning ever before meat, or an hour before the Patient go to dinner, and it much avails to the knitting of bones.

A bath for broken Joints.

Take Rosemary, Fetherfew, Orgain, Pellitory of the Wall, Fennel, Mallowes, Violet leaves and Nettles, boyl all these together, and when it is well sodden, put to it two or three gallons of milk, then let the party stand or sit in an hour or two, the bath reaching up to the stomach, and when they came out, they must go to bed and sweat, and beware taking of cold.

A general bath for clearing the Skin, and comforting the body.

Make a Plaister of Wheat flower, and the whites of Eggs, and spread it on a double linnen cloth, & lay the plaister on an even board, and lay the broken limb thereon, and set it even according to Nature, and lay the plaister about it and splint it, and give him to drink Kintwort, the juice thereof, twice and no more, for the third time it will unknit, but give him to drink nine daies, each day the juyce of Comfrey, Daisies, and Osmund, in stale Ale, and it shall knit, and let the foresaid plaister lie on ten daies at the least: and when you take it away do thus; Take Horehound, red Fennel, Hounds tongue, Walwort, and Pellitory, and seeth them; then unroul the member, and take away the splints; and then bath the linnen & the plaister about the member in this bath, till it hath soakt so long, that it come gently away of it self, then take the aforesaid plaister, and lay thereto five or six daies very hot, and let each plaister lie a day and a night, and alwaies splint it well, and after cherish it with the Ointments before rehearsed for broken bones, & keep the party from unwholesome meats and driks till he be whole: and if the hurt be on his arms, let him bear a ball of green herbs in his hand to prevent the shrinking of the hand and sinews.

A soveraign help for broken bones.

For any Feaver. Take Sage, Ragwort, Yarrow, unset Leeks, of each a like quantity, stamp them with Bay-salt, and apply them to the wrists of the hand.

To expeal heat in a Feaver. Blanch Almonds in the cold water, and make Milk of them, (but it must not seet) then put to it Sugar, and in the extremity of heat, see that you drink thereof.

The Royal Medicine for Feavers. Take three spoonfuls of Ale, and a little Saffron, and bruise and strain it thereto, then add a quarter of a spoonful of fine Treacle, and mix altogether, and drink it when the fit comes.

Another. Take two roots of Crowfoot that grows in a marsh ground, which have no little roots about them, to the number of twenty or more, and a little of the earth that is about them, and do not wash them, and add a little quantity of Salt, and mix it well together, and lay it on linnen cloths, and bind it about your thumbs, betwixt the first and the neather joynt, and let it lie nine daies unremoved, and it will expell the Feaver.

An approved Medicine for the greatest Lask, or Flux.

Take a right pomwater, the greatest you can get, or else two little ones, roast them very tender to pap, then take away the skin and the core, and use only the pap, and the like quantity of Chalk finely scraped, mix them both together upon a Trencher before the fire, and work them well to a Plaister; then spread it upon a linnen cloth warmed very hot as may be suffered, and so bind it unto the Navil for twenty four hours. use this Medicine twice or thrice, or more, untill the Lask be stayed.

Of Oyl of Swallows.

To make the Oyl of Swallows, take Lavender-cotten, Spike-Knot-grass, Ribwort, Balm, Valerian, Rosemary tops, Woodbine tops, Vine strings, French Mallows: the tops of Alecost, Strawberry strings, Tutsan, Plantane, Walnut Tree leaves, the tops of young Beets, Ifop, Violet leaves, Sage of vertue, fine Roman Wormwood, of each of them a handful, Camomile, and red

red Roses, of each two handfals, twenty quick Swallows, and beat them together in a Mortar, and put to them a quart of Neats-foot oyl, or *May* butter, and grind them all well together with 2 ounces of Cloves well beaten; then put them all together in an earthen pot, & stop it very close, that no air come into it, and set it nine daies in a Cellar, or cold place, then open your pot, and put into it half a pound of white or yellow Wax, cut very small, and a pint of Oyl or Butter; then set your pot close stopped into a pan of Water, and let it boyl six or eight hours, and then strain it: This Oyl is exceeding soveraign for any broken bones, bones out of joynt, or any pain or grief either in the bones or sinews.

To make Oyl of Camomile, take a quart of Sallet Oyl, and put it into a glass, then take a handfull of Camomile, and bruise it, and put into the Oyl, and let them stand in the same, twelve daies; onely you must shift it every three daies, that is, to strain it from the old Camomile, and put in as much of new, and that Oyl is very soveraign for any grief, proceeding from old causes.

To make Oyl of Camomile.

To make Oyl of Lavender, take a pint of Sallet Oyl, and put it into a glass, then put to it a handfull of Lavender, and let it stand in the same twelve days, and use it in all respects as you did your Oyl of Camomile.

To make Oyl of Lavender.

To make an Oyl which shall make the skin of the hands very smooth, take Almonds, and beat them to oyl, then take whole Cloves, and put them both together in a glass, and set it in the Sun five or six daies, then strain it, & with the same anoint your hands every night when you go to bed, or otherwise as you have convenient leisure.

To make smooth hands.

To make that soveraign Water, which was first invented by Dr. Stephens, in the same form as he delivered the Receipt to the Archbishop of *Canterbury*, a little before the death of the said Doctor: Take a gallon of good Gascoyn Wine, then take Ginger, Galangale, Cinamon, Nutmegs, Grains, Cloves bruised, Fennel-seeds, Carraway-seeds, Origanum, of every of them a like quantity; that is to say, a dram; then take Sage, wild Marjoram, Penny-royal, Mint, Red Roses, Thyme, Pellitory, Rosemary, Wild Thyme, Camomile, Lavender, of each of them a hand-

To make Dr. Stephens water.

handful; then bray the Spices small, and bruise the her bs, and put all into the Wine, and let it stand so twelve hour, onely stir it divers time; then distill it by a Lymbeck, and keep the first water by it self, for that is the best; then keep the second water, for that is good, and for the last neglect it not, for it is very wholesome, though the worst of the three.

Now for the vertue of this Water, it is this ; It comforteth the spirits and vital parts, and helpeth all inward diseases that come of cold ; it is good against the shaking of the Palsie, and cureth the contraction of the Sinews, and helpeth the Conception of Women that be barren, it killeth Worms in the Body, it cureth the cold Cough, it helpeth the Tooth-ach, it comforteth the stomach, and cureth the old Dropisie, it helpeth the stone in the Bladder, and in the Reins, it helpeth a stinkig Breath: and whosoever useth this Water moderately, and not too often, it preserveth him in good liking, and will make him seem young in old age. With this Water Doctor Stephens preserved his own life, untill such extreamage, that he could neither go nor ride ; and he continued his life, being bed-rid five years, when other Phisitions did judge he could not live one year; when he did confess a little before his death, saying, *That if he were sick at any time, he never used any thing but this Water onely.* And also the Archbishop of Canterbury used it, and found such goodness in it, that he lived till he was not able to drink out of a Cup, but sucked his drink through a hollow Pipe of Silver.

This Water will be much the better if it be set in the Sun.

A restorative
of *Rosa-solis*.

To make a Cordial *Rosa-solis*, take *Rosa-solis*, and in any wise touch not the leaves thereof in the gathering, nor wash it; take thereof four good handfuls, then take two good pints of *Aqua-vita*, and put them into a glass or pewter pot of three or four pints, and then stop the same hard and just, and so let it stand three days and three nights, and the third day, strain it through a clean cloth into another glass or pewter pot, and put thereto half a pound of Sugar beaten small, four ounces of fine Lycoras beaten into powder, half a pound of sound Dates, the stones being taken out, and cut them and make them clean, and then mince them small, and mix all these together, and stop the

the glass or pot close and just, and after distill it through a Lymbeck, then drink of it at night to bedward, half a spoonful with Ale or Beer, but the Ale is the better, as much in the morning fasting, for there is not the weakest body in the world that wanteth nature or strength, or that is in a consumption, but it will restore him again, and cause him to be strong and lusty, and to have a marvellous hungry stomach, provided alwaies that this *Rosa-solis* be gathered (if possibly) at the full of the Moon, when the Sun shineth before noon, and let the roots of them be cut away.

Take the flowers of Roses or Violets, and break them small, and put them in Sallet Oyl, and let them stand in the same ten or twelve daies, and then press it. Or otherwise take a quart of Oyl Olive, and put thereto six spoonfuls of clean water, and stir it well with a slice, till it wax as white as milk; then take two pound of red Rose leaves, and cut the white of the ends of the leaves away, and put the Roses into the Oyl, and then put it into a double glass, and set it in the Sun all the Summer time, and it is soveraign for any scalding or burning with Water or Oyl.

Additions to
the Oyls.
To make Oyl
of Roses or
Violets.

Or else take red Roses new plucked, a pound or two, and cut the white ends of the leaves away, then take May butter, and melt it over the fire with two pound of Oyl Olive, and when this clarified, put in your Roses, and put it all in a vessel of glass, or of earth, and stop it well about, that no air enter in or out, and set it in another vessel with water, and let it boyl half a day or more, and then take it forth and strain or press it through a cloth, and put it into glass bottles: this is good for all manner of unkind heats.

Take two or three pound of Nutmegs, and cut them small, and bruise them well, then put them into a pan, and beat them, & stir them about, which done, put them into a canvass or strong lianen bag and close them in a press, and press them, and get out all the liquor of them, which will be like *Manna*, then scrape it from the canvass bag, as much as you can with a knife; then put it into some vessel or glass, and stop it well, but set it not in the Sun, for it will wax clean of it self, within 10 or 15 daies, and

To make Oyl
of Nutmegs.

handful; then bray the Spices small, and bruise the her bs, and put all into the Wine, and let it stand so twelve hour, onely stir it divers time; then distill it by a Lymbeck, and keep the first water by it self, for that is the best; then keep the second water, for that is good, and for the last, neglect it not, for it is very wholesome, though the worst of the three.

Now for the vertue of this Water, it is this ; It comforteth the spirits and vital parts, and helpeth all inward diseases that come of cold ; it is good againit the shaking of the Palsie, and cureth the contraction of the Sinews, and helpeth the Conception of Women that be barren, it killeth Worms in the Body, it cureth the cold Cough, it helpeth the Tooth-ach, it comforteth the stomach, and cureth the old Dropsie, it helpeth the stone in the Bladder, and in the Reins, it helpeth a stinking Breath: and whosoever useth this Water moderately, and not too often, it preserveth him in good liking, and will make him seem young in old age. With this Water Doctor Stephens preserved his own life, untill such extream age, that he could neither go nor ride ; and he continued his life, being bed-rid five years, when other Physitians did judge he could not live one year; when he did confess a little before his death, saying, *That if he were sick at any time, he never used any thing but this Water onely.* And also the Archbishop of *Canterbury* used it, and found such goodnefs in it, that he lived till he was not able to drink out of a Cup, but sucked his drink through a hollow Pipe of Silver.

This Water will be much the better if it be set in the Sun.

A restorative
of *Rosa-folis*.

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To make Oyl
of Nutmegs.

and it was worth thrice so much as the Nutmegs themselves, and the Oyl hath very great vertue in comforting the stomach and inward parts, and asswaging the pain of the Mother, & Sciatica.

To make perfect Oyl of Spike. Take the flowers of Spike, and wash them only in Oyl Olive, and then stamp them well, then put them in a canvass bag, and press them in a press as hard as you can, and take that which commeth out, carefully, and put it into a strong vessel of glass, and set it not in the Sun, for it will clear of it self, and wax fair and bright, and will clear of it self, and will have a very sharp odour of the Spike; And thus you may make Oyl of other herbs of like nature, as Lavender, Camomile, and such like.

To make Oyl of Mastich. Take an ounce of Mastich, and an Ounce of Olibanum pound- ed as small as is possible, and boyl them in Oyl Olive (a quart to a third part,) then press it, and put it into a glass, and after ten or twelve daies it will be perfect: it is exceeding good for any cold grief.

Thus having in a summary manner passed over all the most Physical and Chyrurgical Notes, which burthen the mind of our *English House-wife*, being as much as is needful, for the preservation of the health of her Family; and having in this Chapter, shewed all the inward vertues wherewith she should be adorned: I will now return unto her more outward and active knowledges, wherein albeit the mind be as much occupied as before, yet is the body a great deal more in use: neither can the work be well effected by rule or direction.

The



The English House-Wifes Skill in COOKERY.

CHAP. I.

Of the outward and active Knowledge of the House-wife, and of her Skill in Cookery, as Sallets of all sorts, with Flesh, Fish, Sauces, Pastery, Banqueting-stuff, and ordering of great Feasts.

TO speak then of the outward and active Knowledges which belong to our *English House-Wife*, I hold the first and most principal to be, a perfect skill and knowledge in Cookery, together with all the secrets belonging to the same, because it is a duty well belonging to Women; and she that is utterly ignorant therein, may not by Laws of strict Justice challenge the freedom of Marriage, because indeed she can then but perform half her vow: for she may live and obey but she cannot cherish, serve and keep with that true duty which is ever expected.

To proceed then to this Knowledge of Cookery, you shall understand, that the first step thereunto is, to have knowledge of all sorts of Herbs belonging unto the Kitchen; whether they be for the Pot, for Sallets, for Sauces, for servings, or for any other seasoning or adorning; which skill of knowledge of the herbs, she must get by her own true labour and experience, and not by my relation, which would be much too tedious; and for the use of them, she shall see it in the composition of dishes and meat hereafter following. She shall also know the time of the year, month and Moon, in which all Herbs are to be sown; and when they are in their best flourishing, that gathering all Herbs in their
She must know all Herbs.

H h

height

height of goodness, she may have the prime use of the same. And because I will enable and not burden her Memory, I will here give her a short Epitomy of all that Knowledge.

Her Skill in
the Garden

First then, let our *English House-wife* know, that she may then at all times of the month and Moon generally sow Asparagus, Coleworts, Spinage, Lettuce, Parsnips, Raddish, and Chives.

In *February*, in the New of the Moon, she may sow Spike, Garlick, Borage, Bugloss, Chervile, Coriander, Gourds, Cresses, Marjerom, *Palma Christi*, Flower-gentle, white Poppy, Purslane, Radish, Rocket, Rosemary, Sorrel, double Marigolds and Thym. The Moon full she may sow Anniseed, Musk'd Violets, Beets, Skirrits, white Succory, Fennel, and parsley. The Moon old, sow Holy Thistle, Cole Cabbage, white Cole, green Cole Cucumers, Hartshorn, Dyers grain, Cabbage, Lettuce, Mellons, Onions, Parsnips, Larks-heel, Burnet, and Leeks.

In *March*, the Moon new sow Garlick, Borage, Bugloss, Chervile, Coriander, Gourds, Majerom, white Poppy, Purslane, Radish, Borrel, double Marigolds, Thyme, Violets. At the full Moon, Anniseed, Beets Skirrits, Succory, Fennel, Apples of Love, and Marvellous Apples. At the wain, Hartichokes, Basil, Blessed-Thistle, Cole Cabbage, white Cole, green Cole Citrons, Cucumers, Harts-horn, Samphire, Spinage, Gilly-flowers, Hyssop, Cabbage, Lettuce, Mellons, Mugrets, Onions, Flower-Gentil, Burnet, Leeks, and Savory.

In *May*, the Moon old, Sow blessed thistle.

In *June*, the Moon new, Sow Gourds and Radishes. The Moon old, Sow Cucumers, Mellons, Parsnips.

In *July*, the Moon at full, Sow white Succory; and the Moon old, sow Cabbage, Lettuce.

Transplanting
of Herbs.

Lastly, in *August*, the Moon at the full, Sow white Succory. Also she must know, that Herbs growing of Seeds may be translated at all times, except Chervile, Arage, Spinage and Parsley, which are not good being once transplanted: observing ever to transplant them in moist and rainy weather.

Choice of
Seeds.

Also she must know, that the choice of seeds are two-fold, of which some grow best being new, as Cucumers and Leeks, and some

some being old, as Coriander, Parsley, Beets, Organ, Savory, Cressles, Spinage, and Poppy : you must keep cold Lettuce, Artichokes, Basil, Holy thistle, Cabbage, Cole, Dyers grain, and Mellons fifteen dayes after they put forth of the earth.

Also Seeds prosper better being sown in temperate weather then in hot, cold or dry dayes. In the Month of *April* the Moon being new, sow Marjerom, Flower-gentle, Thyme, Violets. In the full Moon, Apples of Love, and marvellous apples; and in the Wain, Artichoaks, Holy thistle, Cabbage, Cole, Citrons, Harts-horn, Samphire, Gillyflowers and Parsnips.

Seeds must be gathered in fair weather at the Wain of the Moon, and kept some in Boxes of Wood, some in bags of Lea- Seeds. ther, and some in Vessels of Earth, and after to be well cleansed and dried in the Sun or shadow. Other some, as Onions, Chibols and Leeks, must be kept in their husks. Lastly, she must know, that it is best to plant in the last quarter of the Moon; To gather grafts in the last but one, and to graft two daies after the change. And thus much for her knowledge briefly of Herbs, and how she shall have them continually for her use in the Kitchen.

It resteth now that I proceed unto Cookery it self, which is the dressing and ordering of meat, in good and wholesome manner; to which when our House-wife shall address her self, she shall well understand that these qualities must ever accompany it; First, she must be cleanly both in body and garments, she must have a quick eye, a curious nose, a perfect taste, and ready ear; (she must not be butter-fingred, sweet toothed, nor faint-hearted) for the first will let every thing fall; the second will consume what it should encrease; and the last will lose time with too much niceness.

Now for the substance of the Art it self, I will divide it into five parts; The first, Sallets and Fricasées; the second, boyled Meats and Broths, the third, Roast meats and Carbonadoes; the fourth, bak't meats and Pyes; and the fifth, banquetting and made dishes, with other conceits and secrets.

First then to speak of Sallets, there be some simple, some compounded, some only to furnish out the Table, and some both for use and adoration: your simple Sallets are Chibols piled, washt
clean,

clean; and half of the green tops cut clean away, and so served on a fruit dish, or Chives, Scallions, Rhaddish roots, boyled Carrets, Skirrets and Turnips, with such like served up simply: Also, all young Lettuce, Cabbage-Lettuce, Purslane, and divers other herbs which may be served simply without any thing but a little Vinegar, Sallet Oyl and Sugar; Onions boyled, and stript from their rind, and served up with Vinegar, Oyl and Pepper, is a good simple Sallet; so is Camphire, Bean-cods, Sparagus, and Cucumbers, served in likewise with Oyl, Venegar and Pepper, with a world of others, too tedious to nominate.

Of compound
Sallet.

Your compound Sallets, are first the young buds and Knots of all manner of wholsome Herbs at their first springing; as red Sage, Mint, Lettuce, Violets, Marigold, Spinage, and many other mixed together and then served up to the Table with Vinegar, Sallet-Oyl, and Sugar.

Another com-
pound Sallet.

To compound an Excellent Sallet, and which indeed is usual at great Feasts, and upon Princes Tables: Take a good quantity of blancht Almonds, and with your shredding knife cut them grossly; then take as many Raisons of the Sun clean washt, and the stones pickt out, as many Figs shred like the Almonds, as many Capers, twice so may Olives, and as many Currants as of all the rest, clean washt, a good handful of the small tender leaves of red Sage and Spinage: mix all these well together with good store of Sugar, and lay them in the bottom of a great dish; then put unto them Vinegar and Oyl, and scrape more Sugar over all: then take Oranges and Lemons, and paring away the outward pills, cut them into thin slices, then with those slices cover the Sallet all over; which done, take the fine thin leaf of the red Cole-flower, and with them cover the Oranges and Lemmons all over; then over those Red leaves lay another course of old Olives, and the slices of well pickled Cucumers, together with the very inward heart of Cabbage-Lettuce cut into slices; then adorn the sides of the dish, and the top of the Sallet, with more slices of Lemons and Oranges, and so serve it up.

To make an excellent compound boyld Sallet; take of Spinage

nage well washt, two or three handfuls, and put into it fair water, and boyl it till it be exceeding soft and tender as pap; then put it into a Cullender, and drain the water from it, which done with the back side of your Chopping-knife chop it, and bruise it as small as may be; then put it into a Pipkin with a good lump of sweet butter, and boyl it over again; then take a good handfull of Currants clean washt, and put to it, and stir them well together; then put to as much Vinegar as will make it reasonable tart, and then with Sugar season it according to the taste of the Master of the house, and so serve it upon sippets.

An excellent
boy led Sallet.

Your preserved Sallets are of two kinds, either pickled, as are Cucumers, Samphire, Purslane, Broom, and such like; or preserved with Vinegar, as Violets, Primroses, Cowslips, Gilly-flowers of all kinds, Broom-flowers, and for the most part any wholesome flower whatsoever.

Of preserving
of Sallets.

Now for the pickling of Sallets, they are only boyled and then drained from the water, spread upon a Table, and good store of salt thrown over them; then when they are thorow cold, make a pickle with water, salt and a little Vinegar, and with the same pot them up in close earthen pots, and serve them forth as occasion shall serve.

Now for preserving of Sallets, you shall take any of the flowers before said, after they have been pickt clean from their stalks, and the white ends (of them which have any) clean cut away, and washt and dried, and taking a glass pot, like a Gally-pot, or for want thereof a Gally-pot it self, and first strew a little Sugar in the bottom, then lay a layer of the Flowers, then cover that layer over with Sugar, then lay another larger of the Flowers, and another of Sugar; and thus do one above another till the pot be filled, ever and anon pressing them hard down with your hand: This done you shall take of the best and sharpest Vinegar you can get, (and if the Vinegar be distill'd Vinegar, the flowers will keep their colours the better) and with it fill up your pot till the Vinegar swim aloft, and no more can be received; then stop up the pot close, and set them in a dry temperate place, and use them at pleasure, for they will last all the year.

Now

The making
of RrangeSal-
lets.

Now for the compounding of Sallets, of these pickled and preserved things, though they may be served up simply of themselves, and are both good and dainty; yet for better curiosity, and the finer adorning of the Table, you shall thus use them; First, if you would set forth any Red flower, that you know or have seen, you shall take your pots of preserved Gilly-flowers, and futing the colours answerable to the flower, you shall proportion it forth, and lay the shape of the Flower in a Fruit dish; then with your Purslane leaves make the green Coffin of the flower, and with the Purslane stalks make the stalk of the flower, & the divisions of the leaves and branches; then with the thin slices of Cucumers, make their leaves in true proportions, jagged or otherwise: and thus you may set forth some full blown, some half blown, and some in the bud, which will be pretty and curious. And if you will set forth yellow flowers, take the pots of Primroses and Cowslips; if blew flowers, then the pots of Violets or Bugloss flowers; and these Sallets are both for shew and use, for they are more excellent for taste, then for to look on.

Sallets for
shew only.

Now for Sallets for shew only, and the adorning and setting out of a Table with number of dishes, they be those which are made of Carret roots of sundry colours well boyled, and cut into many shapes and proportions, as some into Knots, some in the manner of Scutchions, and Arms, some like Birds, and some like Wild beasts, according to the Art and cunning of the Workman; and these for the most part are seasoned with Vinegar, Oyl, and a little Pepper. A World of other Sallets there are, which time and experience may bring to our House-wifes eye, but the composition of them, and the serving of them, differeth nothing from these already rehearsed.

Of Fricases
and Que'que-
choses.

Now to proceed to your Fricases, or Quelquechoses, which are dishes of many compositions, and ingredients, as Flesh, Fish, Eggs, Herbs, and many other things, all being prepared and made ready in a Frying-pan, they are likewise of two sorts, simple and compound.

Of simple
Fricases.

Your simple Fricases are Eggs and Collops fried, whether
the

the Collops be of Bacon, Ling, Beef or young Pork, the frying whereof is so ordinary, that it needeth not any relation, or the frying of any Flesh, or Fish simple of it self, with Butter or sweet Oyl.

To have the best Collops and Eggs, you shall take the whitest and youngest Bacon, and cutting away the sword, cut the Collops into thin slices, lay them in a dish, and put hot water unto them, and so let them stand an hour or two, for that will take away the extreame saltness; then drain away the water clean, and put them in a dry Pewter dish, and lay them one by one, and set them before the heat of the fire so as they may toast; and turn them so, as they may toast sufficiently thorow & thorow, which done, take your Eggs and break them into a dish, and put a spoonful of Venegar unto them: then set a clean Skillet with fair water on the fire, and as soon as the water boyleth, put in the Eggs, and let them take a boyl or two; then with a spoon try if they be hard enough, and then take them up and trim them, and dry them, and then dishing up the Collops, lay the Eggs upon them, and so serve them up: and in this sort you may poach Eggs when you please, for it is the best and most wholesome.

Best Collops
and Eggs.

Now the compound Fricases are those which consist of many things, as Tansies, Fritters, Pancakes, and any *Quelque chose* whatsoever, being things of great Request and Estimation in *France, Spain, and Italy*, and the most curious Nations.

Of the com-
pound Frica-
ses.

First, then for the making the best Tansie, you shall take a certain number of Eggs, according to the bigness of your Frying-pan, and break them into a dish, abating ever the white of every third Egge: then with a spoon, you shall cleanse away the little white Chicken knots, which stick unto the yelks; then with a little Cream beat them exceedingly together: then take of green Wheat blades, Violet leaves, Strawberry leaves, Spinage, and Succory, of each a like quantity, and a few Walnut Tree buds; chop and beat all these very well, and then strain out the juyce, and mixing it with a little more Cream, put it to the Eggs, and stir all well together; then put in a few Crums of bread, fine

To make the
best Tansie.

grated

grated bread, Cinnamon, Nutmeg, and Salt; then put some sweet Butter into the Frying-pan, and so soon as it is dissolved or melted, put in the Tansey, and fry it brown without burning and with a dish turn it in the pan as occasion shall serve; then serve it up, having strewed good store of Sugar upon it, for to put in Sugar before, will make it heavy: Some use to put of the herb Tansey into it, but the Walnut-Tree buds do give the better taste or relish, and therefore when you please for to use the one, do not use the other

The best Fritters.

To make the best Fritters, take a pint of Cream and warm it; then take eight Eggs, only abate four of the Whites, and beat them well in a dish, and so mix them with the Cream; then put in a little Cloves, Mace, Nutmeg and Saffron, and stir them well together: then put in two spoonfuls of the best Ale barm, and a little Salt, and stir it again, then make it thick according unto your pleasure with Wheat flower; which done, set it within the air of the fire, that it may rise and swell; which when it doth, you shall beat it in once or twice; then put into it a penny pot of Sack: All this being done, you shall take a pound or two of very sweet seam, and put it into a pan, and set it over the fire, and when it is moulten, and begins to bubble, you shall take the Fritters-batter, and setting it by you, put thick slices of well pared Apples into the Batter, and then taking the Apples and Batter out together with a spoon, put it into the boyling seam, and boyl your Fritters crisp and brown: And when you find the strength of your seam consume or decay, you shall renew it with more seam: and of all sorts of seam, that which is made of the Beef-suet is the best and strongest: when your Fritters are made, strow good store of Sugar and Cinnamon upon them, being fair disht, and serve them up.

The best Pan-

To make the best Pancakes, take two or three Eggs, and break them into a dish, and beat them well; then add unto them a pretty quantity of fair running Water, and beat all well together: then put in Cloves, Mace, Cinnamon and Nutmeg, and season it with Salt; which done, make it as thick as you

you think good with fine Wheat-flower, then fry the Cakes as thin as may be with sweet butter, or sweet seam, and make them brown, and so serve them up with Sugar, strewed upon them. There be some which mix Pancakes with new Milk or Cream, but that makes them tough, cloying, and not so crisp, pleasant and savory as running water.

To make the best Veal Toasts, take the Kidney, fat and all, of Veal Toasts. a loyn of Veal roasted, and shred it as small as is possible; Then take a couple of Eggs and beat them very well, which done, take Spinage, Succory, Violet-leaves, and Marigold-leaves, and beat them, and strain out the juyce, and mix it with the Eggs: then put it to your Veal, and stir it exceedingly well in a dish; then put to good store of Currants clean washt and pickt, Cloves, Mace, Cinnamon, Nutmeg, Sugar, and Salt, and mix them all perfectly well together: then take a manchet and cut it into Toasts, and toast them well before the fire; then with a spoon lay upon the Toast in a good thickness, the Veal, prepared as before-said; which done, put into your Frying-pan good store of sweet butter, and when it is well melted and very hot put your Toasts into the same with the bread side upward, and the flesh side down-ward; and as soon as you see they are fried brown, lay upon the upper side of the Toasts which are bare, more of the flesh meat, and then turn them, and fry that side brown also; then take them out of the pan, and dish them up, and strew Sugar upon them, and so serve them forth.

There be some Cooks which will do this but upon one side of the Toasts, but to do it on both is much better; if you add Cream it is not amiss.

To make the best Pamperdy, Take a dozen Eggs, and break them, and beat them very well; then put unto them Cloves, Mace, Cinnamon, Nutmeg and good store of Sugar, with as much Salt as shall season it: then take a Manchet, and cut it into thick slices like Toasts; which done, take your Frying-pan, and put into it good store of sweet butter, and being melted, lay in your slices of bread, then pour upon them one half of your Eggs, then when it is fried, with a dish turn your slices of bread upward, and then

To make the
best pamper-
dy.

pour

pour on them the other half of your Eggs, and so turn them till both sides be brown ; then dish it up, and serve it with Sugar strewed upon it.

To make any
Quelquechose

To make a *Quelquechose*, which is a mixture of many things together ; take the Eggs and break them, and do away one half of the Whites, and after they are beaten, put them to a good quantity of sweet Cream, Currants, Cinnamon, Cloves, Mace, Salt, and a little Ginger, Spinage, Endive, and Mary-gold flowers grossly chopt, and beat them all very well together ; then take Pigs Pettitoes slic'd and grossly chopt, mixt them with the Eggs, and with your hand stir them exceeding well together ; then put in sweet Butter in your Frying-pan, and being melted, put in all the rest, and fry it brown without burning, ever and anon turning it, till it be Fryed enough ; then dish it upon a flat plate, and so serve it forth . Onely here is to be observed, that your Pettitoes must be very well boyled before you put them in to the Fry-cake.

Additions to
the House-
wife.

And in this manner as you make this *Quelquechose*, so you may make any other, whether it be of flesh, small Birds, sweet Roots, Oysters, Muscles, Cockles, Giblets, Lemmons, Oranges, or any Fruit, Pulse, or other Sallet herb whatsoever ; of which to speak severally, were a Labour infinite, because they vary with mens opinion. Onely the composition and work is no other than this before prescribed : and who can do these need no further instruction for the rest. And thus much for *Sallets* and *Fricases*

Cookery,
To make Frit-
ters.

To make Fritters another way ; Take Flower , Milk, Barm, grated bread, small Raisins, Cinnamon, Sugar, Cloves, Mace, Pepper, Saffron, and Salt ; stir all these together very well with a strong spoon or small ladle, then let it stand more then a quarter of an hour, that it may rise, then beat it in again, and thus let it rise, and be beat in twice or thrice at least ; then take it and bake them in sweet and strong seame, as hath been before shewed and when they are served up to the Table, see you strew upon them good store of Sugar, Cinnamon and Ginger.

To make the
best white
Puddings.

Take a pint of the best, thickest and sweetest Cream, and boyl it, then whilst it is hot, put thereunto a good quantity of great
sweet

sweet Oatmeal. Grots very sweet, and clean pickt, and formerly steept in milk twelve hours at least, and let it soak in this Cream another night ; then put thereto at least eight yelks of Eggs, a little Pepper, Cloves, Mace, Saffron, Currants, Dates, Sugar, Salt, and great store of Swines Suet, or for want thereof great store of Beef Suet, and then fill it up in the formes according unto the order of good House-wifery ; and then boyl them on a soft and gentle fire, and as they swell, prick them with a great Pin, or small Awl, to keep them that they burst not ; and when you serve them to the Table, (*which must not be untill they be a day old*) first boyl them a little, then take them out, and roast them brown before the fire, and so serve them, trimming the edge of the dish either with Salt or Sugar.

Take the Liver of a fat Hogg, and parboyl it ; then shred it small, and after beat it in a Mortar very fine ; then mix it with the thickest and sweetest Cream, and strain it very well through an ordinary strainer : then put thereto six yelks of Eggs and two Whites, and the grated crums of (near hand) a penny White-loaf with good store of Currants, Dates, Cloves, Mace, Sugar, Saffron, Salt, and the best Swines-suet, or Beef-suet, but Beef-suet is the more wholesome, and less loofning ; then after it hath stood a while, fill it into the Farms, and boyl them as before shewed : and when you serve them unto the Table, first boyl them a little, then lay them on a Gridiron over the coals, and broyl them gently, but scorch them not, nor in any wise break their skins, which is to be prevented by oft turning and tossing them on the Gridiron, and keeping a slow fire.

Puddings of a
Hogs Liver.

Take the Yelks and Whites of a dozen or fourteen Eggs, and having beat them very well, put unto them the fine powder of Cloves, Mace, Nutmegs, Sugar, Cinnamon, Saffron, and Salt ; then take the quantity of two loaves of white grated Bread, Dates very small shred, and great store of Currants, with good plenty either of Sheeps, Hogs or Beef suet beaten and cut small : then when all is mixt, and stirred well together, and hath stood a while to settle, then fill it into the Farms, as hath been before

To make
bread Pud-
dings.

shewed, and in like manner boyl them, cook them, and serve them to the Table.

Rice Puddings.

Take half a pound of Rice, and steep it in new milk a whole night, and in the morning drain it, and let the milk drop away, and take a quart of the best sweetest, and thickest Cream, and put the Rice into it and boyl it a little ; then set it to cool an hour or two, and after put in the Yelks of half a dozen Eggs, a little Pepper, Cloves, Mace, Currants, Dates, Sugar and Salt ; and having mixt them well together, put in great store of Beef suet well beaten, and small shred, and so put it into the farms, and boyl them as before shewed, and serve them after a day old.

Another of Liver.

Take the best Hogs Liver you can get, and boyl it extremly, till it be as hard as a stone, then lay it to cool, and being cold, upon a bread-grater grate it all to powder ; then sift it through a fine meal-sieve, and put to it the crums of (at least) two penny loaves of white bread, and boyl all in the thickest and sweetest Cream you have, till it be very thick ; then let it cool, and put to it the yelks of half a dozen Eggs, a little Pepper, Cloves, Mace, Currants, Dates small shred, Cinnamon, Ginger a little Nutmeg, good store of Sugar, a little Saffron, Salt, and of Beef and Swines suet great plenty, then fill it into the Farms, and boyl them as before shewed.

Puddings of a Calves Mugget.

Take a Calves Mugget, clean and sweet drest, and boyl it well ; then shred it as small as is possible ; then take of Strawberry leaves, of Endive, Spinage, Succory, and Sarnel, of each a pretty quantity, and chop them as small as is possible, and then mix them with the Mugget ; then take the yelks of half a dozen Eggs and three whites, and beat them into it also ; and if you find it is too stiff, then make it thinner with a little Cream warmed on the fire, then put in a little Pepper, Cloves, Mace, Cinnamon, Ginger, Sugar, Currants, Dates, and Salt, and work all together, with casting in little pieces of sweet Butter one after another, till it have received good store of Butter, then put it up in the Calves-bag, Sheeps-bag, or Hogs-bag and then boyl it well, and so serve it up.

Take

Take the blood of a Hogg whilst it is warm, and steep it in a A Pudding. quart or more of great Oat-meal grotes, and at the end of three daies with your hands take the Grotes out of the blood, and drain them clean; then put to those Grotes more then a quart of the best Cream warm'd on the fire; then take mother of Thyme, Parsley, Spinage, Succory Endive, Sorrel and Sarawberry leaves, of each a few chopt exceeding small, and mix them with the Grotes, and also a little Fennel-seed finely beaten, then adde a little Pepper, Cloves and Mace, Salt, and great store of suet finely shred, and well beaten; then therewith fill your Forms, and boyl them, as hath been before described.

Take the largest of your Chines of Pork, and that which is cal- Links. led a Liff, and first with your Knife cut the lean thereof into thin slices, and then shred small those slices, and then spread it over the bottom of a dish or woodden platter: then take the fat of the Chine and the liff, and cut it in the very self-same manner, and spread it upon the lean, and then cut more lean, and spread it upon the fat, and thus do one lean upon another, till all the Pork be shred, observing to begin and end with the lean: then with your sharp Knife scoth it through and through divers waies, and mix it all well together: then take good store of Sage, and shred it exceeding small, and mix it with the flesh: then give it a good season of Pepper and Salt, then take the forms made as long as is possible, and not cut in pieces as for puddings, and first blow them well to make th meat slip, and then fill them: which done, with threds divide them into several links as you please; then hang them up in the corner of some Chimny clean kept, where they may take air of the fire, and let them dry there at least four daies before any be eaten; and when they are served up, let them be either fryed or broyled on the Gridiron, or else roasted about a Capon.

It resteth now that we speak of boyld meats and broth, which Of boyled. forasmuch as our *House-Wife* is intended to be general, one that meats ordina- can as well feed the poor as the rich, we first begin with those ordi- ry. nary wholsome boyld meats which are of use in every good mans house; therefore to make the best ordinary Pottage, you shall

shall take a rack of mutton cut into pieces, or a leg of mutton cut into pieces; for this meat, and these joynts are the best, although any other joynt or any fresh Beef will likewise make good Pottage; and having washt your meat well, put it into a clean pot with fair water, and set it on the fire, then take Violet leaves, Succory, Strawberry leaves, Spinage, Langdebeef, Marygold flowers, Scallions, and a little *Parley*, and chop them very small together; then take half so much Oat-meal well beaten as there is herbs, and mix it with the herbs, and chop all very well together, then when the pot is ready to boyl, scum it very well, and then put in your Herbs, and so let it boyl with a quick fire stirring the meat oft in the pot, till the meat be boyl'd enough, and that the herbs and water are mixt together without any separation, which will be after the consumption of more than a third part: Then season them with salt, and serve them up with the meat, either with sippers or without.

Pottage with-
out eight of
herbs.

Some desire to have their Pottage green, yet no herbs to be seen, in this case you must take your Herbs and Oatmeal, and after if is chopt put it in to a stone mortar or bowl, and with a wooden pestel beat it exceedingly, then with some of the warm liquor in the pot strain it as hard as may be, and so put it in and boyl it.

Pottage with-
out herbs.

Others desire to have pottage without any herbs at all, and then you must only take Oat-meal beaten, and good store of Onions, and put them in and boyl them together; and thus doing you must take a greater quantity of Oat-meal then before.

Pottage with
herbs.

If you will make Pottage of the best and daintiest kind, you shall take Mutton, Veal or Kid, and having broken the bones, but not cut the flesh in pieces, and wash it, put it into a pot with fair water; after it is ready to boyl, and thoroughly scum'd, you shall put in a good handful or two of small Oat-meal: and then take whole Lettuce of the best and most inward leaves, whole Spinage Endive, Succory, and whole leaves of Cole flowers, or the inward part of white Cabbage, with two or three sliced Onions, and put all into the pot, and boyl them well together till the meat be enough, and the Herbs so soft as may be, and stir them oft well together; and then season it with salt, and as much

Verjuice

Verjuyce as will onely turn the taste of the Pottage; and to serve them up, covering the meat with the whole Herbs, and adorning the dish with sippets.

To make ordinary stew'd broth, you shall take a neck of Veal, or a legg, or marrow-bone of Beef, or a Pullet, or Mutton, and after the meat is wash'd, put it into a pot with fair water, and being ready to boyl, scum it well; then you shall take a couple of Manchets, and pairing away the crust, cut it into thick slices, and lay them in a dish and cover them with hot broth out of the pot; when they are steep'd, put them and some of the broth into a strainer and strain it, and then put it into a pot: then take half a pound of Prunes, half a pound of Raisins, and a quarter of a pound of Currants clean pickt and wash'd, with a little whole Mace, and two or three bruised Cloves, and put them into the pot, and stir all well together, and so let them boyl till the meat be enough, then if you will alter the colour of the broth, put in a little Turnfoyl or red Sanders, and so serve it upon sippets, and the fruit uppermost.

To make ordinary stew'd broth.

To make an excellent boyled meat, take four pieces of a rack of mutton, and wash them clean, and put them into a pot well scoured with fair water; then take a good quantity of Wine and Verjuyce, and put it into it; then slice a handful of Onions, and put them in also, and so let them boyl a good while, then take a piece of sweet Butter white Ginger and Salt, and put it to also; and then make the broth thick with grated bread- and so serve it forth with sippets.

A fine boyled meat.

To boyl a Mallard curiously, take the Mallard when it is fair dressed, washed and trust, and put it on a spit and roast it till you get the gravy out of it; then take it from the spit and boyl it, then take the best of the broth into a pipkin, and the gravy which you saved, with a piece of sweet Butter, and Currants, Vinegar, Pepper, and grated bread: Thus boyl all these together and when the Mallard is boyled sufficiently, lay it on a dish with sippets and the broth upon it, and so serve it forth.

To boyl a Mallard.

To make an excellent *Olepotride*, which is the only principal dish

dish of boyled meat which is esteemed in all *Spain*; you shall take a very large vessel Pot or Kettle, and filling it with water you shall set it on the fire, and first put in good thick gobbets of well fed Beef, and being ready to boyl, scum your pot; when the Beef is half boyled, you shall put in Potato-roots, Turneps and Carrets; also like gobbets of the best Mutton, and the best Pork: after they have boyled a while, you shall put in the like gobbets of Venison Red and Fallow if you have them; then the like gobbets of Veal, Kid, and Lamb; a little space after these, the fore-parts of a fat Pigge, and a cramb'd Pullet; then put in Spinage, Endive, Succory, Marygold leaves, and flowers, Lettuce, Violet leaves, Strawberry leaves, Buglofs and Scaillions all whole and unchopt, then when they have boyled a while, put in a Partridge and a Chicken chopt in pieces, with Quails, Rayls, Black Birds, Larks, Sparrows, and other small Birds; all being well and tenderly boyled, season up the broth with good store of Sugar, Cloves, Mace, Cinnamon, Ginger and Nutmeg, mixt together in a good quantity of Verjuyce and Salt, and so stir up the pot well from the bottom: then dish it up upon great Chargers or long *Spanish* dishes, laying store, of sippets in the bottom: then cover the meat all over with Prunes, Raisins, Currants, and blancht Almonds, boyled in a thing by themselves; then cover the fruit and the whole boyled herbs, and the herbs with slices of Oranges and Lemmons, and lay the roots round about the sides of the dish, and strew good store of Sugar all over, and so serve it forth.

To make the
best white
broth.

To make the best white broth, whether it be with Veal, Capon, Chickens, or any other Fowl or Fish; First boyl the flesh or fish by it self, then take the value of a quart of strong Mutton broth, or sad Kid broth, and put it into a pipkin by it self, and put into a bunch of Thyme, Marjerom, Spinage and Endive bound together; then when it seethes, put in a pretty quantity of Beef marrow, and the marrow of Mutton, with some whole Mace, and a few bruised Cloves: then put in a pint of White Wine, with a few whole slices of Ginger: after they have boyled a while together, take blancht Almonds and having beaten them together in a mortar with some of the broth, strain them and

put it in also : then in another Pipkin boyl Currants, Prunes, Raisins and whole Cinnamon in Verjuyce and Sugar with a few sliced Dates, and boyl them till the Verjuyce be most part consumed, or at least come to syrup ; then drain the fruit from the syrup, and if you see it be high coloured, make it white with sweet Cream warmed, and so mix it with your Wine broth ; then take out the Capon or the other flesh or fish, and dish it up dry, in a dish ; then pour the broth upon it, and lay the fruit on the top of the meat, and adorn the side of the dish with very dainty sippets, First Oranges, Lemons and Sugar, and so serve it forth to the Table.

To boyl any wild Fowl, *Mallard, Teal, Widgeon*, or such like: To boyl any wild Fowl.
First boyl the Fowl by it self, then take a quart of strong Mutton broth, and put it into a Pipkin and boyl it ; then put unto it good store of sliced Onions, a bunch of sweet pot herbs, and a lump of sweet butter, after it hath boyled well, season it with Verjuyce, Salt and Sugar, and a little whole Pepper ; which done, take up your fowl, and break it according to the fashion of Carving, and stick a few Cloves about it ; then put it into the broth with Onions, and there let it take a boyl or two, and so serve it and the broth forth upon the sippets : Some use to thicken it with toasts of bread steeped and strained ; but that is as pleases the Cook.

To boyl a legg of *Mutton*, or any other Joynt of meat whatsoever ; first after you have washt it clean, parboyl it a little, then spit it and give it half a dozen turns before the fire, then draw it when it begins to drop, and press it between two dishes, and save the gravy ; then slash it with your Knife, and give it half a dozen turnes more, and then presse it again : and thus do as often as you can force any moisture to come from it ; then mixing Mutton Broth, White Wine, and Verjuyce together, boyl the Mutton therein till it be tender, and that most part of the liquor is clean consumed ; then having all that while kept the gravy that you took from the Mutton, stewing gently upon a Chafing-dish and coals, you shall adde unto it good store of Salt, Sugar, Cinnamon and Ginger, with some Lemon slices, and a little of an Orange peel, with a few fine white bread crums ; then taking up the Mutton, put the remainder of the broth in

To boyl a leg of Mutton.

The best
dredging.

To know
when meat
is enough.

onely with Water and Salt, and nothing else : yet it is but opinion, and that must be the Worlds Master alwayes.

Then the best dredging, which is either fine white bread crums well grated ; or else a little very white meal, and the crums very well mixt together.

Lastly to know when meat is roasted enough ; for as too much rawness is unwholsom, so too much dryness is not nourishing. Therefore to know when it is in the perfect height, and is neither too moist nor too dry, you shall observe these signs : First, in your large Joynts of meat, when the steam or smoak of the meat ascendeth either upright, or else goeth from the fire, when it becometh a little to shrink from the spit, or when the gravy which droppeth from it is clear without bloodiness, then is the meat enough.

If it be a Pigge, when the eyes are fallen out, and the body leaveth Piping : for the first is when it is half roasted, and would be singed, to make the coat rise, and crackle ; and the later when it is full enough, and would be drawn ; or if it be any kind of Fowl you roast, when the thighs are tender, or the hinder parts of the pinions at the setting on of the wings, are without blood, then be sure that your meat is fully enough roasted : yet for a better and more certain assuredness, you may thrust your Knife into the thickest parts of the meat, and draw it out again, and if it bring out white gravy without any bloodiness, then assuredly it is enough, and may be drawn with all speed convenient ; after it hath been well basted with butter not formerly melted, then dredging as a foresaid, then basted over the dredging and so suffered to take two or three turns, to make crispe the dredging : Then dish it in a fair dish with salt sprinkled over it, and so serve it forth. Thus you see the general form of roasting all kind of meats : Therefore now I will return to some particular dishes, together with their several Sauces.

Roasting of
Mutton with
Oysters.

If you will roast Mutton with Oysters, take a shoulder alone or a legg, and after it is washt, parboyl it a little ; then take the great Oysters, and having opened them into a dish drain the gravy clean from them twice or thrice, then parboyl them a little, then take Spinage, Endive, Succory, Strawberry, leaves, Violet leaves and a little Parsley, with some Scallions ; chop these very
small

small together, then take your Oysters very dry drain'd and mix them with an half part of these herbs; then take your meat, and with these Oysters and herbs farce or stop it, leaving no place empty, then spit it and roast it, and whilst it is in roasting, take good store of Verjuice and Butter, and Salt, and set it in a dish on a chafing dish and coals; and when it begins to boyl, put in the remainder of your herbs without, Oysters, and a good quantity of Currants, with Cinnamon, and the yelks of a couple of eggs. And after they are well boyled and stirred together, season, it up according to your taste with Sugar; then put in a few Lemon slices; the meat being enough draw it, and lay it upon this sawce removed into a clean dish, the edge thereof being trimmed about with Sugar, and so serve it forth.

To roast a Leg of Mutton after an Outlandish fashion, you shall take it after it is wash'd, and cut off all the flesh from the bone, leaving only the outmost skin intirely whole and fast to the bone; then take thick Cream and the yelks of eggs, and beat them exceedingly well together, then put to Cinnamon, Mace, and a little Nutmeg with Salt; then take bread crums finely grateh and searst with good store of Currants, and as you mix them with the Cream, put in Sugar and so make it into a good stiffness. Now if you would have it look green, put in the juyce of sweet herbs, as Spinage, Violet leaves, Endive, &c. If you would have it yellow, then put in a little Saffron strained, and with this fill up the skin of your legg of Mutton in the same shape and form that it was before, and stick the out-side of the skin, thick with Cloves, and so roast it throughly, and baste it very well, then after it is dredg'd, serve it up as a legg of Mutton with this Pudding; for indeed it is no other: you may stop any other Joynt of meat, as brest or loyn or the belly of any fowl boyled or roast, or Rabbet or any meat else which hath skin or emptiness. If into this Pudding also you beat the inward pith of an Oxes back, it is both good in taste, and excellent soveraign for any disease, ach, or flux in the reins whatsoever.

To roast a Jigget of Mutton, which is the legg splatted and half part of the loyn together, you shall after it is wash't stop it with Cloves, so spit it and lay it to the fire and tend it well with basting; then you shall take Vinegar, Butter and Currants, and set

To roast a leg
of Mutton
otherwise.

To roast a
Jigget of
Mutton.

it clean, then put Currants and a few sliced Dates, and a bunch of the best farcing herbs tyed up together, and so let it boyl well till the meat be enough; then take up the Lambs head and Purtenance, and put it into a clean dish with sippets; then put in a good lump of Butter, and beat the yelks of two eggs with a little Cream, and put it to the broth with Sugar, Cinnamon, and a spoonfull or two of Verjuyce and whole Mace, and as many Prunes as will garnish a dish, which should be put in when it is but half boyled, and so pour it upon the Lambs head and Purtenance, and adorn the sides of the dish with Sugar, Prunes, Barberries, Oranges and Lemons; and in no case forget to season it well with Salt, and so serve it up.

A Brest of
Mutton
stewed,

Take a very good brest of Mutton chopt into sundry large pieces, and when it is clean washt, put it into a pipkin with fair water, and set it on the fire to boyl; then scum it very well, then put in of the finest Parsnips cut into large pieces as long as ones hand, and clean washt and scrap't; then good store of the best Onions, and all manner of sweet pleasant Pot-herbs and Lettuce, all grossly chopt, and good store of Pepper and Salt, and then cover it, and let it stew till the mutton be enough, then take up the Mutton, and lay it in a clean dish with sippets, and to the broth put a little wine vinegar, and so pour it on the Mutton with the Parsnips whole, and adorn the sides of the dish with Sugar, and so serve it up. And as you do with the brest, so you may do with any other Joynt of Mutton.

To stew a
Neats foot,

Take a Neats foot that is very well boyl'd (for the tenderer it is, the better it is) and cleave it in two, and with a clean cloth dry it well from the Soufe-drink, then lay it in a deep earthen platter and cover it with Verjuyce, then set it on a Chaffing-dish and coals, and put to it a few Currants, and as many Prunes as will garnish the dish, then cover it and let it boyl well, many times stirring it up with your Knife, for fear it stick to the bottom of the dish; then when it is sufficiently stewed; which will appear by the tenderness of the meat and softness of the fruit; then put in a good lump of Butter, great store of Sugar and Cinnamon; and let it boyl a little after: then put it all together into a clean dish with sippets, and adorn the sides of the dish with Sugar and Prunes, and so serve it up.

To

To proceed then to Roast meat, it is to be understood, that in the general knowledge thereof are to be observed these few Rules: First the clean keeping and scouring of the spits and coirons; Next, the neat picking and washing of meat, before it be spitted, then the spitting and broaching of meat, which must be done so strongly and firmly, that the meat may by no means either shrink from the spit, or else turn about the spit; and yet ever to observe, that the spit do not go through any principall part of the meat, but such as is of least account and estimation, and if it be birds or fowl which you spit, then to let the spit go through the hollow of the body of the fowl, and so fasten it with pricks or skewers under the wings about the thigh of the fowl, and at the feet or Rump, according to your manner of trussing and dressing them.

Of Roasting meats.

Observations in roast meats

Spitting of roast meats.

Then to know the Temperatures of fires for every meat, and which have a slow fire, and yet a good one, taking leisure in roasting, as Chines of Beef, Swans, Turkeys, Peacocks, Bustards, and generally any great large Fowl, or any other Joynts of Mutton, Veal, Duck, Kid, Lamb, or such like: whether it be Venison red or Fallow; which indeed would lye long at the fire, and soak well in the roasting, and which would have a quick and sharp fire without scorching: as Pigs Pullets, Pheasants, Partridges, Quails and all sorts of middle sized, or less fowl, and all small birds, or compound roast meats, as Olives of Veal, Harlets; a pound of butter roasted, or puddings simple of themselves, and many other such like, which indeed would be suddenly and quickly dispatcht; because it is intended in Cookery, that one of these dishes may be made ready whilst the other is in eating. Then to know the complexions of meats, as which must be pale and white roasted, and yet thoroughly roasted, as Mutton, Lamb, Kid, Capon, Pullet, Pheasant, Partridge, Veal, Quail, and all sorts of middle and small land or water-fowl, and all small Birds; which must be so brown roasted, as Beef, Venison, Pork, Swan, Geese, Pigs, Crane, Bustards, or any large Fowl, or other things whose flesh is black.

Temperature of fires.

The complexion of meat.

Then to know the best basting for meat, which is sweet Butter, sweet Oyl, Barrel Butter, or fine rendred up seame, with Cinnamon, Cloves and Mace. There be some that will baste onely

The best basting of Meats.

and put in likewise the gravy, and then serve it up with suppets, lay the Lemmon slices uppermost, and trimming the dish about with Sugar.

If you will boyl Chickens, young Turkeys, Pea-hens, or Houfe fowl daintily; you shall, after you have trimmed them, drawn them, trust them, and washt them, fill their bellies as full of parsley as they can hold; then boyl them with salt and water only till they be enough: then take a dish and put into it Verjuyce and Butter, and Salt, then and when the butter is melted, take the Parsley out of the Chickens, belly and mince it very small, and then put to it the Verjuyce and Butter, and stirre it well together; then lay in the Chickens, and trim the dish with suppets and so serve it forth.

A broth for a
ny fresh Fish.

If you will make broth with any fresh Fish whatsoever, whether it be Pike Bream, Carp, Eel, Barbel, or such like, you shall boyl water, Verjuice and Salt together with a handful of sliced Onions; then you shall thicken it with two or three Spoonfuls of Ale barm, then put in a good quantity of whole Barberies, both branches and other, as also pretty store of Currants then when it is boyled enough, Dish up your Fish and pour your broth unto it, laying your fruit and Onions uppermost. Some to this broth will put Prunes and Dates sliced, but it is according to the fancy of the Cook, or the Will of the Householder.

Additions to
boyl meat.

Thus I have from these few Presidents shewed you the true Art and making of all sorts of boyled meats & broths and though men may coyn strange names, and feign strange Arts, yet be assured she that can do these, may make any other whatsoever, altering the taste by the alteration of the compounds as she shall see occasion: And when a broth is too sweet, to sharpen it with verjuyce; when too tart, to sweeten it with Sugar; when flat and wallowish, to quicken it with Oranges and Lemmons, and when too bitter, to make it pleasant with Herbs and Spices.

A Mallard
smoared, or a
Hare, or old
Cony.

Take a Mallard when it is clean dressed, washed and trust, and parboyl it in water, till it be scumm'd and purified; then take it up, and put it into a Pipkin with the neck downward, and the tayl upward, standing as it were upright: then fill the Pipkin half
full

full with that water in which the Mallard was pardoyled, and fill up the other half with white Wine ; then peel and slice thin a good quantity of Onions, and put them in with whole fine herbs, according to the time of the year, as Lettuce, Strawberry leaves, Violet leaves, Vine leaves, Spinage, Endive, Succory, and such like, which have no bitter or hard taste, and a pretty quantity of Currants and Dates sliced ; then cover it close, and set in on a gentle fire, and let it stew, and smoor till the Herbs and Onions be soft, and the Mallard enough, then take out the Mallard, and Carve it as if it where to go to the Table: then to the Broth put a good lump of Butter, Sugar, Cinnamon ; and if it be in Summer, so many Gooseberries as will give it a sharp taste ; but in the Winter, as much Wine Vinegar ; then heat it on the fire, and stir all well together : then lay the Mallard in a Dish with sippets, and pour all this broth upon it, then trim the edge of the dish with Sugar, and so serve it up. And in this manner you may also smoor the hinder parts of a Hare, or a whole old Cony, being trust up close together.

After your Pike is drest and opened in the back, and laid flat, as if it were to fry, then lay it in a large dish for the purpose, able to receive it ; then put as much White Wine to it as will cover it all over ; then set it on a chafing-dish and Coals to boyl very gently, and if any scum arise, take it away ; then put to it Currants, Sugar, Cinnamon, Barberies, and as much Prunes as will serve to garnish the dish, then cover it close with another dish, and let it stew till the fruit be soft, and the Pike enough ; then put to it a good lump of sweet Butter ; then with a fine Scumer take up the fish, and lay it in a clean dish with sippets, then take a couple of yolks of eggs, the film taken away, and beat them well together with a spoonful or two of Cream, and as soon as the Pike is taken out put it into the broth & stir it exceedingly to keep it from curding ; then pour the broth upon the Pike and trim the sides of the dish with Sugar, Prunes, and Barberies, slices of Oranges or Lemmons, and so serve it up. And thus may you also stew Roches, Gurnets, or almost any Sea fish or fresh fish.

To stew a Pike.

Take a Lambs head and Purtenance, clean washt and pickt, and put it into-Pipkin with fair water, and let it boyl, and scum it

To stew a Lambs head & Purtenance

set them on a fire in a dish or pipkin; then when it boyles you shall put in sweet herbs finely chopt, with the yelks of a couple of eggs, and so let them boyl together: then the meat being half roasted, you shall pare off some part of the leanest and brown, then shred it very small, and put it into the pipkin also; then season it up with Sugar, Cinnamon, Ginger and Salt; and so put it into a clean dish, then draw the Jigget of Mutton and lay it on the sawce, and throw salt on the top and so serve it up.

To roast Olives of Veal. You shall take a legg of Veal, and cut the flesh from the bones, and cut it out into thin long slices; then take sweet herbs and the white part of Scallions, and chop them well together with the yelks of eggs, then role it up within the slices of Veal, and so spit them and roast them; then boyl Verjuice, Butter, Sugar, Cinnamon, Currants, and sweet herbs together, and being seasoned with a little salt, serve the Olives up upon the sauce with salt cast over them.

To roast a Pig. To roast a Pig curiously, you shall not scall'd it, but draw it with the hair on, then having washt it, spit it and lay it to the fire, so as it may not scorch, then being a quarter roasted, and the skin blistered from the flesh, with your hand pull away the hair and skin, and leave all the fat and flesh perfectly bare; then with your Knife scotch all the flesh down to the bones, then baste it exceedingly with butter and Cream, being no more but warm: then dredge it with fine bread crums, Currants, Sugar, and Salt mixt together; and thus apply dredging upon basting, and basting upon dredging, till you have covered all the flesh a full inch deep; Then the meat being fully roasted, draw it, and serve it up whole.

To roast a pound of Butter well. To roast a pound of Butter curiously and well, you shall take a pound of sweet Butter, and beat it stiff with Sugar and the yelks of Eggs, then clap it round-wise about a spit, and lay it before a soft fire, and presently dredg it with the dredging before appointed for the Pig; then as it warmeth or melteth, so apply it with dredging till the Butter be overcome, and no more will melt to fall from it; then roast it brown, and so draw it, and serve it out, the dish being as neatly trim'd with Sugar as may be.

To roast a Pudding upon a spit, you shall mixe the Pudding
be-

before spoken of in the leg of Mutton, neither omitting herbs or saffron, and put to a little sweet butter and mix it very stiff, then fold it about the spit, and have ready in another dish some of the same mixture well seasoned, but a great deal thinner, and no butter at all in it; and when the pudding doth begin to roast, and that the butter appears, then with a spoon cover it all over with the thinner mixture, and so let it roast: then if you see no more butter appear, then baste it as you did the Pig, and lay more of the mixture on, and so continue till all be spent; and then roast it brown and so serve it up.

If you will Roast a Chine of Beef, a Loyn of Mutton, a Capon, and a Lark, all at one instant, and at one fire, and have all ready together, and none burnt, you shall first take your Chine of Beef and parboyl it more than half through: Then first take your Capon, being large and fat, and spit it next the hand of the turner, with the legs from the fire, then spit the Chine of Beef, then the Lark, and lastly the loyn of Mutton, and place the Lark so as it may be covered over with the Beef and the fat part of the Loyn of Mutton, without any part disclosed; then baste your Capon and your loyn of Mutton with cold water and salt, the Chine of Beef with boyling Lard, then when you see the beef is almost enough, which you shall hasten by scotching and opening of it, then with a clean cloath you shall wipe the Mutton and Capon all over, and then baste it with sweet butter till all be enough roasted: then with your knife lay the Lark open, which by this time will be stewed between the beef and Mutton, & basting it also with dredge altogether, draw them & serve them up.

If you will Roast any Vension, after you have washt it, & clenched all the blood from it, you shall stick it with Cloves all over on the outside; & if it be lean, you shall lard it either with Mutton lard, or pork lard: but Mutton is the best: then spit it and roast it by a soaking fire, then take vinegar, bread crums, and some of the gravy which comes from the vension, and boyl them well in a dish: then season it with sugar, cinamon, ginger and salt, and serve the venison forth upon the sawce when it is roasted enough.

If you will Roast a piece of fresh Sturgeon, which is a dainty dish, you shall stop it with Cloves, then spit it, and let it Roast at great leisure, plying it continually with basting, which will

To roast a
Chine of Beef.
Loyn of Mutton, Lark and
Capon at
one fire and
at one instant.

To roast Venison.

take away the hardnes: then when it is enough you shall draw it and serve it upon Venison sauce, with Salt only thrown upon it.

The roasting of all sorts of meats differeth nothing but in the fire, speed and leasure as is aforesaid, except these compound dishes, of which I have given you sufficient presidents, and by them you may perform any work whatsoever: but for the ordering, preparing, and trussing your meat for the spit or Table, in that there is much difference: for in all joynts of meat except a shoulder of Mutton, you shall crush and break the joynts well; from Pigs and Rabbits you shall cut off the feet before you spit them, and the heads when you serve them to the Table; and the Pig you shall chine and divide into two parts: Capons, Pheasants, Chickens, and Turkeys you shall roast with the Pinions folded up, and the legs extended: Hens, Stockdoves, and House-doves, you shall roast with the Pinions folded, and the legs cut off by the knees and thrust into the bodies: Quails, Partridges, and all sorts of small Birds shall have their Pinions cut away, and the legs extended: all sorts of Water fowl shall have their Pinions cut away, and their legs turned backwards: Wood-cocks, Snipes and Stint shall be Roasted with their Heads and Necks on, and their legs thrust into their bodies, and shoulders, and Bitterns shall have no necks but their heads only.

To roast a
Cows Udder.

Take a Cows Udder, and first boyl it well: then stick it thick all over with Cloves: then when it is cold spit it, and lay it on the fire, and apply it very well with basting of sweet Butter, and when it is sufficiently roasted and brown, then dredg it, and draw it from the fire, take Venegar and Butter, and put it on a chafing dish and coals; and boyl it with White bread crum, till it be thick: then put to it good store Sugar and of Cinnamon, and putting it into a clean dish, lay the Cows Udder therein, and trim the sides of the dish with Sugar, and so serve it up.

To roast a Fil-
let of Veal.

Take an excellent good leg of Veal, and cut the thick part thereof, a handful and more from the Knuckle: then take the thick part (which is the fillet) and farce it in every part all over with Strawberry-leaves, Sorrel, Spinage, Endive, and
Suc-

Succory grosely chopt together, and good store of Onions, then lay it to the fire and roast it very sufficiently and brown, casting good store of Salt upon it, and basting it well with sweet butter: then take of the former herbs much finer chopt then they were for farcing, and put them into a Pipkin with Vinegar and clean washt Currants, and boyl them well together, then when the herbs are sufficiently boyled and soft, take the yelks of four very hard boyled Eggs, and shred them very small, and put them into the Pipkin also with Sugar and Cinnamon and some of the gravy which drops from the Veal, and boyl it over again, and then put it into a clean dish, and the fillet being dredged and drawn, lay upon it and trim the side of the dish with Sugar, and so serve it up.

To make an excellent Sauce for a rost Capon, you shall take Onions, and having sliced and peeled them, boyl them in fair water with Pepper, Salt, and few bread crums; then put unto it a spoonful or two of Clarret Wine, the juyce of an Orange, and three or four slices of Lemmon peel: all these shred together, and so pour it upon the Capon being broke up.

To make a sauce for an an old Hen or Pullet, take a good quantity of Beer and Salt, and mix them well together with a few fine bread crums, and boyl them on a chafing-dish and coals; then take the yelks of three or four hard Eggs, and being shred small put it to the Beer, and boyl it also; then the Hen being almost enough, take three or four spoonfulls of the gravy which comes from her, and put it in also, and boyl all together to an indifferent thickness: which done, suffer it to boyl no more, but only to keep it warm on the fire, and put into it the juyce of two or three Oranges and the slices of Lemmon-peels shred small, and the slices of Oranges, having also the upper rind taken away: then the Hen being broke up, take the brains thereof, and shredding them small, put it into the sawce also, and stirring all well together, put it hot into a clean warm dish, and lay the Hen (broke up) in the same.

The Sawce for Chickens is divers, according to mens tastes: for some will onely have Butter, Verjuyce, and a little

Parfly roasted in their bellies mixt together; others will have butter, verjuice, and Sugar boyl'd together with toasts of bread, and other will have thick sippets with the juice of sorrel and sugar mixt together.

The best sawce for a Pheasant is water and Onions slic't, Pepper and a little Salt mixt together, and but stewed upon the coals, and then poured upon the Pheasant or Partridge, being broken up, and some will put thereto the juice or slices of an Orange or Lemon, or both: but it is according to taste, and indeed more proper for Pheasant then Partridge.

Sauce for a Quail, Raile, or any fat big bird, is Claret wine and salt mixt together with the gravy of the bird, and a few fine bread crums well boyled together, and either a Sage leaf, or Bay leaf cruft amongst it, according to mens tastes.

Sauce for Pigeons.

The best sauce for Pidgeons, Stockdoves, or such like, is Vinegar and Butter melted together, and Parsley roasted in the bellies; or Vine leaves roasted and mixed well together.

A general sauce for wild fowl.

The most general sauce for ordinary wild fowl roasted, as Ducks, Malliard, Widgeon, Teal, Snipe, Sheldrake, Plovers, Puets Guls, and such like, is only Mustard and Vinegar, or Mustard and Verjuice mixt together; or else an Onion, Water, and Pepper, and some (especially in the Court) use only Butter melted, and not with any thing else.

Sauce for green Geese.

The best sauce for green Geese is the juice of Sorrel and Sugar mixt together with a few scalded Feberries, and served upon sippets; or else the belly of the Green Goose fill'd with Feberries and so roasted; and then the same mixt with Verjuice, Butter, Sugar and Cinnamon, and so served up on sippets.

Sauce for stubble Geese.

The Sauce for a stubble Goose is divers, according to mens minds, for some will take the the pap of roasted Apples, and mixing it with Vinegar, boyl them together on the fire with some of the gravy of the Goose, and a few Barberries and bread crums, and when it is boyled to a good thickness, season it with Sugar and a little Cinnamon, and so serve it up: some will add a Little Mustard and Onions unto it, and some will not rost the Apples, but pare them and slice them, and that is the nearer way, but not the better. Others will fill the belly of the Goose full of Onions shred, and Oatmeal grotes, and being

ing roasted enough, mix it with the gravy of the Goose, and sweet herbs well boyled together, and seasoned with a little Verjuyce.

To make a *Gallantine*, or sauce for a Swan, Bittern, Hern, Crane, or any large Fowl, take the blood of the same Fowl, and being stirred well, boyl it on the fire, then when it comes to be thick, put unto it Venegar a good quantity, with a few fine white bread crums, and so boyl it over again; then being come to a good thicknes, season it with Sugar and Cinnamon, so as it may taste pretty and sharp upon the Cinnamon, and then serve it up in saucers as you do Mustard, for this is called a *Cander* or *Gallantine*, and is a sauce almost for any Fowl whatsoever.

A Gallantine,
Sauce for a
Swan.

To make sauce for a Pig, some take Sage and rost it in the belly of the Pig; then boyling Verjuyce, Butter, and Currants together, take and chop the Sage small and mixing the brains of the Pig with it, put all together and so serve it up.

A Sauce for a
Pig.

To make Sauce for a loyn of Veal, take all kind of sweet Pot-herbs, and chopping them very small with the yelks of two or three Eggs boyl them in Venegar and Butter, with a few bread crums, and good store of Sugar; then season it with Sugar and Cinnamon, and a Clove or two crusht, and so pour it upon the Veal, with the slices of Oranges and Lemons about the Dish.

A sauce for
Veal,

Take Oranges and slice them thin, and put unto them White wine and Rose-water, the Powder of Mace, Ginger, and Sugar and set the same upon a Chafing-dish of coals, and when it is half boyled, put to it a good lump of Butter, and then lay good store of sippets of fine white bread therein, and so serve your Chickens upon them, and trim the sides of the dish with Sugar.

Additions un-
to Sauces.

Take fair water, and set it over the fire: then slice good store of Onions, and put into it, and also Pepper and Salt and good store of the Gravy that comes from the Turkey, and boyl them very well together: then put to it a few fine crums of grated bread to thicken it, a very little Sugar, and some Venegar, and so serve it up with the Turkey: or otherwise, take greated White bread and boyl it in White wine till it be as thick as a *Gallantine*; in boyling put in good store of Su-

Sauce for a
Turkey.

gar

gar, and Cinnamon, and then with a little Turnsole make it of a high murrey colour, and so serve it in saucers with the Turkey, in manner of Gallantine.

The best Gallantine.

Take the blood of a Swan, or any other great fowl, and put it into a dish, then take stewed Prunes, and put them into a strainer, and strain them into the blood; then set it on a chafing-dish, and coals, and let it boyl; then stir it till it come to be thick, and season it very well with Sugar and Cinnamon, and so serve it in Saucers with the fowl: but this sauce must served cold.

Sauce for a Mallard.

Take good store of Onions, peel them and slice them, and put them into Vinegar and boyl them very well till they be tender; then put into it a good lump of sweet butter, and season it well with Sugar and Cinnamon, and so serve it up with the fowl.

Of Carbonadoes.

Charbonadoes, or carbonadoes, which is meat broyled upon the coals (and the invention thereof was first brought out of France as appears by the name) are of divers kinds according to mens pleasures: for there is no meat either boyled or roasted whatsoever, but may afterwards be broyled if the master thereof be disposed. Yet the general dishes which for the most part are to be carbonadoed, are a breast of Mutton half boyled; a shoulder of Mutton half roasted; the legs, wings, and carkasses of Capon, Turkey, or any other fowl whatsoever, especially Land fowl.

What is to be carbonadoed.

And lastly, the uttermost thick skin which covereth the ribs of beef, and is called (being boyled,) the lins of Court-Goose, and is indeed a dish used most for wantonness, sometimes to please the appetite: to which may also be added the broyling of Pigs heads, or the brains of any fowl whatsoever after it is roasted and dress.

How to carbonado.

Now for the manner of Carbonadoing, it is in this sort; you shall first take the meat you must Carbonado, and scorch it both above and below; then sprinkle good store of salt upon it, and baste it all over with sweet butter melted; which done, take your Broyling-iron, I do not mean a Grid-iron (though it be much used for this purpose) because the smoak of the coals, occasioned by the dropping of the meat, will ascend about it, and make

How to
Carbonado
ing.

make it stink: but a Plate iron made with hooks and pricks, on which you may hang the meat, and set it close before the fire, and so the Plate heating the meat behind, as the fire doth before, it will both the sooner and with more neatness be ready: then, having turned it, and basted it till it be very brown, dredge it, and serve it up with Vinegar and Butter.

Touching the toasting of Mutton, Venison, or any joynt of Meat, which is the most excellentest of all Carbanadoes, you shall take the fattest and largest that can possibly be got (*for lean meat is lost of Labour, and little meat not worth your time*;) and having scorcht it, and cast Salt upon it, you shall set it on a strong fork, with a dripping pan underneath it, before the face of a quick fire, yet so far off, that it may by no means scorch, but toast at leisure; then with that which falls from it, and with no other basting, see that you baste it continually, turning it ever and anon many times and so oft, that it may soak and brown at great leisure; and as oft as you baste it, so oft sprinkle Salt upon it; and as you see it toast, scorch it deeper and deeper, especially in the thickest and most fleshy parts where the blood most resteth; and when you see that no more blood droppeth from it, but the gravy is clear and white, then you shall serve it up either with Venison sauce, with Vinegar, Pepper, and Sugar Cinnamon, and the juyce of an Orange mixt together, and warmed with some of the gravy.

Take Mutton or Lamb that hath been either roasted, or but parboy'd, and with your knife scotch it many wayes, then lay it in a deep dish, and put to it a pint of Whitewine, and a little whole Mace, a little sliced Nutmeg and some Sugar, with a lump of sweet butter, and stew it so till it be very tender; then take it forth, and brown it on the Grid-iron, and then laying sippets in the former broth, serve it up.

Take any Tongue, whether of Beef, Mutton, Calves; Red Deer or Fallow, and being well boyled peel them, cleave them, and scotch them many wayes; then take three or four Eggs broken; some Sugar, Cinnamon, and Nutmeg, and having beaten it well together, put to it a Lemon cut in thinn slices, and another clean peel'd, and cut into little four square bits, and then take the Tongue,

Of the toasting of Mutton.

Additions,
unto carbonadoes.
A Rather of
Mutton or
Lamb.

How to Carbonado
Tongues.

and

and lay it in: and then having melted good store of Butter in a Frying pan, put the tongue and the rest therein, and so fry it brown, and then dish it, and scrape Sugar upon it, and serve it up.

Additions.
For dressing
Fish.

How to souse
any fresh fish.

Take any fresh fish what soever (as Pike, Bream, Carp, Barbel, Cheam, and such like) and draw it, but scale it not; then take out the Liver and the refuse, and having opened it, wash it: then take a pottle of fair water, a pretty quantity of white Wine, good store of Salt and some Vinegar with a little bunch of sweet herbs, and set it on the fire: as soon as it begins to boyl, put in your fish, and having boyled a little, take it up into a fair vessel, then put into the liquor some gross Pepper and Ginger, and when it is boyled well together with more salt, set it by to cool, and then put your Fish into it, and when you serve it up, lay Fennel thereupon.

How to boyl
small Fish.

To boyl small Fish, as Roches, Dace, Gudgeons, or Flounders, boyl White wine and water together with a bunch of choice Herbs, and a little whole Mace, when all is boyl'd well together, put in your fish and scum it well: then put it in the foal of a *Manchet*, a good quantity of sweet butter, and season it with Pepper and Verjuice, and serve it in upon sippets, and adorn the sides of the dish with Sugar.

To boyl a
Gurnet or
Roach,

First draw your Fish, and either spint it open in the back, or joynt it in the back, and trusse it round; then wash it clean and boyl it in water and Salt, with a bunch of sweet Herbs then take it up into a large dish, and pour unto it Verjuice, Nutmeg, Butter and Pepper, and letting it stew a little, thicken it with the yelks of Eggs: then hot remove it into another dish, and garnish it with slices of Oranges and Lemons, Barberries, Prunes, and Sugar and so serve it up.

After you have drawn, washt and scaled a fair large Carp, season it with Pepper, Salt, and Nutmeg, and then put it into a Coffin with good store of sweet Butter, and then cast on Raisins of the Sun the juyce of Lemons, and some slices of Orange-pils, and then sprinkling on a little Venegar, close it up and bake it.

First let your *Tench* blood in the tayl, then scoure it, wash
it

it, and scall'd it, then having dried it, take the fine crums of Bread, sweet Cream, the yelks of Eggs, Currants clean wash'd, a few sweet herbs chopt small, season it with Nutmeg and Pepper, and make it into a stiff paste, and put it into the belly of the Tench, then season the fish on the out-side with Pepper, Salt, and Nutmeg, and so put it into a deep Coffin with sweet butter, and so close up the Pye and bake it; then when it is enough draw it, and open it, and put into it a good piece of preserved Orange minc'd: Then take Vinegar, Nutmeg, Butter, Sugar, and the yelk of a new laid Egg, and boyl it on a Chafing-dish of Coals, alwayes stirring it to keep it from curding; then pour it into the Pye, shake it well, and so serve it up.

Take a large Trout fair trimm'd, and wash it, and put it into a deep pewter dish, then take half a pint of sweet Wine, with a lump of butter, & a little whole Mace, Parsley, Savory, & Thyme, mince them all small, and put them into the Trouts belly, and so let it stew a quarter of an hour, then mince the yelk of a hard Egg, and strew it on the Trout, and laying the herbs about it, and scraping on Sugar, serve it up.

After you have drawn your Eeles, chop them into small pieces of three or four inches and season them with Pepper, Salt and Gingar, and so put them into the coffin a good lump of Butter; great Raisins, Onions small chopt, and so close it, bake and serve it up.

Next to these already rehearsed, our English House-wife must be skillful in Pastry, and know how and in what manner to bake all sorts of meat, and what paste is fit for every meat, and how to handle and compound such pasts. As for example, Red Deer, Venison, wild Boar, Gammons of Bacon, Swans, Elkes, Porpus, and such like standing dishes, which must be kept long, would be bak'd in a moist, thick, tough, course, and long lasting crust, and therefore of all other, your Rye-paste is best for that purpose; your Turkey, Capon, Pheasant, Partridge, Veal, Peacocks, Lamb, and all sorts of Water-fowl, which are to come to the Table more than once, (yet not many dayes) would be bak'd in a good white crust, somewhat thick; therefore your wheat is

M m m

fit

fit for them; your Chickens, Calves-feet, Olive, Potatoes, Quinces, Fallow-Deer, and such like; which are most commonly eaten hot, would be in the finest, shortest, & thinnest crust, therefore your fine Wheat-flower, which is a little baked in the Oven before it be kneaded, is the best for that purpose.

Of the mixture of Paste.

To speak then of the mixture and kneading of Paste, you shall understand, that your Rye paste would be kneaded onely with hot water, and a little Butter, or sweet Seam, and Rye-flower very finely sifted; and it would be made tough and stiff, that it may stand well in the rising for the Coffin thereof must ever be very deep; your coarse Wheat-crust should be kneaded with hot Water, or Mutton-broth, and good store of Butter, and the Paste made stiff and rough, because that Coffin must be deep also. Your fine Wheat-crust must be kneaded with as much butter as water, and the Paste made reasonable light and gentle, into which you must put three or four Eggs or more, according to the quantity you blend together, for they will give it sufficient stiffening.

Of Puff-paste.

Now for the making of Puff-paste of the best kind, you shall take the finest Wheat-flower after it hath been a little bak'd in a pot in the Oven, and blend it well with Eggs, whites and yelks all together, and after the Paste is well kneaded, roul out a part thereof as thin as you please, and then spread cold sweet butter over the same; then upon the same butter roul another leaf of the Paste as before, and spread it with butter also; and thus roul leaf upon leaf with butter between, till it be as thick as you think good: and with it either cover any bak'd meat, or make paste for Venison, Florentine, Tart, or what dish else you please, and so bake it. There be some that to this Paste use Sugar, but it is certain, it will hinder the rising thereof, and therefore, when your Puff-paste is bak'd, you shall dissolve Sugar into Rose-water and drop it into the Paste as much as it will by any means receive, and then set it a little while in the oven after, and it will be sweet enough.

Of baking red Deer or Fallow, or any thing to keep cold.

When you bake red Deer, you shall first parboyl it and take out the bones, then you shall, if it be lean lard it; if fat, save that charge; then put it into a Press to squeeze out the blood; then

then for a night lay it in a Meat-sauce made of Vinegar, small drink, and Salt; and then taking it forth, season it well with Pepper finely beaten, and salt well mixed together, and see that you lay good store thereof, both upon and in every open and hollow place of the Venison, but by no means cut any slashes to put in the Pepper, for it will of it self sink fast enough into the flesh, and be more pleasant in the eating. Then having raised the Coffin, lay in the bottom a thick course of butter, then lay the flesh thereon, and cover it all over with butter, and so bake it as much as if you did bake brown bread, then when you draw it, melt more butter with three or four spoonfuls of Vinegar, and twice so much Claret-wine, and at a vent-hole on the top of the lid, pour in the same till it can receive no more, and so let it stand and cool. And in this sort you may bake Fallow Deer, or Swan, or whatsoever else you please to keep cold, the Meat-sauce only being left out, which is only proper to Red Deer. And if to your Meat-sauce you add a little Turnsole, and therein steep Beef and Ram mutton: you must also in the same manner take the first for Red Deer Venison, and the latter for Fallow, and very good judgment shall not be able to say otherwise, then that it is of it self perfect Venison both in Taste, Colour, and the manner of cutting.

To bake Beef
or Mutton for
Venison.

To bake an excellent Custard or Dowset; you shall take good store of eggs, and putting a way one quarter of the whites, beat them exceeding well in a Basin, and then mix with them the sweetest and thickest Cream you can get; for if it be any thing thin, the Custard will be wheyish: then season it with Salt, Sugar, Cinnamon, Cloves, Mace, and a little Nutmeg, which done, raise your Coffins of good tough Wheat-paste, being the second sort before spoken of: and if you please raise it in pretty works or angular forms, which you may do by fixing the upper part of the crust to the neither with the yolks of Eggs, then when the coffins are ready, strew the bottoms over a good thickness with Currants and Sugar, then set them into the Oven, and fill them up with the Confection before blended, and so drawing them, adorn all the top with Caraway Comfits, and slices of Dates prickt right up, and so serve them up to the Table. To pre-

To bake a Cu-
stard or Dow-
set.

vent the wheyishness of the Custard, dissolve into the first confection a little lling-glass, and all will be firm.

To bake an
Olive Pye.

To make an excellent Olive pye, take sweet herbs, as Violet leaves, Strawberry leaves, Spinage, Succory, Endive, Thyme, and Sorrel, and chop them as small as may be, and if there be a Scallion or two amongst them, it will give the better taste; then take the yelks of hard Eggs, with Currants, Cinnamon, Cloves, and Mace, and chop them among the herbs also; then having cut out long Olaves of a leg of Veal, roul up more than three parts of the herbs so mixed within the Olaves, together with a good deal of sweet butter; then having raised your Crust of the finest and best paste, strew in the bottom the remainder of the herbs, with a few great Raisins, having the stones pickt out, then put in the Olaves, and cover them with great Raisins, and a few Prunes: then over all lay good store of Butter, and so bake them, then being sufficiently bak'd, take Claret-wine, Sugar, Cinnamon, and two or three spoonfuls of Wine-Vinegar, & boyl them together, and then drawing the Pye, at a vent in the top of the lid put in the same, and then set it into the Oven again a little space, and so serve it forth.

To bake a
Marrow-bone
Pye.

To bake the best Marrow-bone pye, after you have mixt the crusts of the best sort of paste, and raised the coffin in such a manner as you please; you shall first in the bottom thereof lay a course of Marrow of Beef, mixt with Currants, then upon it, a lay of the soals of Artichokes, after they have been boyled, and are divided from the Thistle; then cover them over with Marrow, Currants, and great Raisins, the stones pickt out; then lay a course of Potatoes cut in thick slices, after they have been boyled soft, and are clean pill'd; then cover them with Marrow, Currants, and great Raisins, the stones pick out; then lay a layer of candied Eringo roots mixt very thick with the slices of Dates; then cover it with Marrow, Currants, great Raisins, Sugar, Cinnamon, and Dates with a few Damask Prunes, and so bake it: and after it is bak'd pour into it, as long as it will receive it, White-wine, Rose-water, Sugar, Cinnamon, and Vinegar mixt together, and candy all the Cover with Rose-water and

and Sugar only, and so set it into the Oven a little, and serve it forth.

To bake a Chicken Pye, after you have trust your Chickens, then broken their legs and breast-bones, and raised your crust of the best paste, you shall lay them in the coffin close together, with their bodies full of butter; then lay upon them and underneath them Currants, great Raisins, Prunes, Cinnamon, Sugar, whole Mace, and Salt; then cover all with great store of Butter, and so bake it: after pour into it the same liquor you did in your Marrow-bone pye, with yelks of two or three Eggs beaten amongst it, and serve it forth.

To bake a Chicken Pye.

To make good Red-Deer Venison of Hares, take a Hare or two or three, as you can or please, and pick all the flesh from the bones; then put it into a Mortar either of wood or stone, and with a wooden Pestle let a strong person beat it exceedingly, and ever as it is beaten let one sprinkle in some Vinegar, and some Salt: then when it is sufficiently beaten, take it out of the Mortar, and put it into boiling water, and parboyl it; when it is parboyl'd, take it and lay it on a Table in a round lump, and lay a board over it, and with weights press it hard as may be; then the water being prest out of it, season it well with Pepper and Salt; then lard it with the fat of Bacon so thick as may be then bake it as you bake other Red Deer, which is formerly declared.

Additions to the Pastry for Venison of Hares.

Take a Hare and pick all the flesh from the bones, and onely reserve the head, then parboyl it well; which done, take it out and let it cool; as soon as it is cold, take at least a pound and half of Raisins of the Sun, and take out the stones, then mix them with a good quantity of Mutton-suet, and with a sharp shredding-Knife shred it as small as you would do for a Chewet, then put to it Currants, and whole Raisins, Cloves and Mace, Cinnamon and Salt; the having raised then Coffin long-wise to the proportion of a Hare, first lay in the head, and then the aforesaid meat, and lay the meat in the true proportion of a Hare; with neck, shoulders, and legs, and then cover the coffin, and bake it as other bak'd meats of that nature.

To bake a Hare-Pye.

Take

**A Gammon of
Bacon Pye.**

Take a Gammon of Bacon, and only washt it clean, and then boyl it on a soft gentle fire, til it be boyl'd as tender as is possible, ever and anon sleeting it clean, that by all means it may boyl white: then take off the sword, and farse it very well with all manner of sweet and pleasant farring herbs, then strew store of Pepper over it, and prick it thick with Cloves; then lay it into a coffin made of the same proportion, and lay good store of Butter round about it, and upon it, and strew Pepper upon the Butter, that as it melts, the Pepper may fall upon the Bacon; then cover it, and make the proportion of a pig's head in paste upon it, and then bake it as you bake red Deer, or things of the like nature, only the paste would be of Wheat-meal.

**A Herring
Pye.**

Take white pickled Herrings of one nights watering, and boyl them a little, then take off the skin, and take only the backs of them, and pick the fish clean from the bones; then take good store of Raisins of the Sun, and stone them; and put them to the Fish; then take a Warden or two, and pare it, and slice it in small slices from the core, and put it likewise to the fish; then with a very sharp shredding Knife shred all as small and fine as may be: then put to it good store of Currants, Sugar, Cinnamon, slic't Dates, and so put it into the coffin, with good store of sweet Butter, and so cover it, and leave onely a round vent-hole on the top of the lid, and so brake it like Pies of that nature. When it is sufficiently bak't, draw it out, and take Claret Wine, and a little Verjuyce, Sugar, Cinnamon, and sweet Butter, and boyl them together: then put it in at the vent-hole, and shake the Pye a little, and put it again into the Oven for a little space, and so serve it up, the lid being candied over with Sugar, and the sides of the dish trimmed with Sugar.

A Ling Pye.

Take the Jole of the best Ling that is not much watered, and is well soddened and cold; but whilst it is hot, take off the skin and pare it clean underneath, and pick out the bones clean from the fish; then cut it into gross bits; and let it lye; then take the yolks of a dozen Eggs boyl'd exceeding hard, and put them to the Fish, and shred all together as small as is possible, then take all manner of the best and finest pot-herbs, and chop them wonderful

derful small, and mix them also with the Fish, then season it with Pepper, Cloves, and Mace, and so lay it in a Coffin with great store of sweet butter, so as it may swim therein, and then cover it, and leave a vent-hole open in the top, and when it is baked, draw it, and take Verjuice, Sugar, Cinnamon, and Butter and boyl them together; and first with another anoint all the lid over with that liquor, and then scrape good store of Sugar upon it; then pour the rest of the liquor, in at the vent-hole, and then set it into the Oven again for a very little space, and then serve it up as pyes of the same nature, and both these Pyes of Fish before rehearsed, are extraordinary and special Lenten dishes.

Take a pint of the sweetest and thickest Cream that can be gotten, and set it on the the fire in a very clean scoured Skillet, & put into it Sugar, Cinnamon, and a Nutmeg cut into four quarters, and so boyl it well: then take the yelks of four Eggs, and take off the slimes, and beat them well with a little sweet Cream; then take the four quarters of Nutmeg out of the Cream, then put in the Eggs; and stir it exceedingly till it be thick: then take a fine Manchet, and cut it into thin shivers, as much as will cover a dish bottom, and holding it in your hand, pour half the Cream into the dish: then lay your bread over it, and cover the bread with the rest of the Cream and so let it stand till it be cold: then strew it over with Caraway Comfets, and prick up some Cinnamon Comfets, and some slic'd Dates; or for want thereof, scrape all over it some Sugar, and trim the sides of the dish with Sugar, and so serve it up.

Take a pint of the best and thickest Cream, and set it on the fire in a clean Skillet, and put into Sugar, Cinnamon, and a Nutmeg cut into four quarters, and so boyl it well, then put it into the dish you intend to serve it in, and let it stand to cool till it be more than luke-warm; then put in a spoonful of the best Earning, and stir it well about, and so let it stand till it be cold; and then strew Sugar upon it, and so serve it up: and this you may serve either in dish, glass, or other plate.

Take Calves-feet well boyl'd, and pick all the meat from the bones; then being cold, shred it as small as you can; then season
 A Calvet-foot
 son

son it with Cloves and Mace, and put in good store of Currants, Raisins, and Prunes, then put it into the coffin with good store of sweet Butter: then break in whole sticks of Cinnamon, and a Nutmeg slic'd into four quarters, and season it before with Salt; then close up the coffin, and only leave a Vent-hole. When it is bak'd, draw it, and at the vent-hole put in the same liquor you put in the Ling-pye, and trim the lid after the same manner, and so serve it up.

Oyster Pye.

Take of the greatest Oysters drawn from the shells, and parboyl them in Verjuice; then put them into a Cullender, and let all the moisture run from them, till they be as dry as possible, then raise up the coffin of the Pye, and lay them in; then put to them good store of Currants, and fine powdred Sugar, with whole Mace, whole Cloves, whole Cinnamon, and Nutmeg slic'd Dates cut, and good store of sweet Butter; then cover it, and only leave a vent-hole. When it is bak'd, then draw it, and take White-wine, and Whit-wine Vinegar, Sugar, Cinnamon, and sweet Butter, and melt it together: then first trim the lid therewith, and candy it with Sugar; then pour the rest in at the Vent-hole, and shake it well, and so set it in the Oven again for a little space, and so serve it up, the Dish-edgs trimm'd with Sugar. Now some use to put to this Pye Onions sliced and shred, but that is referred to discretion, and to the pleasure of the Taste.

To recover Venison that is tainted.

Take strong Ale, and put to it Wine-Vinegar, as much as will make it sharp, then set it on the fire, and boyl it well, and scum it, and make of it a strong brine with Bay-salt, or other salt; then take it off, and let it stand till it be cold, then put your Venison into it, and let it lye in it full twelve hours: then take out from that meer sawce, and press it well; then parboyl it, and season it with Pepper and Salt, and bake it, as hath been before shewed in this Chapter.

A Chewet Pye.

Take the brawns and the wings of Capons and Chickens after they have been roasted, any pull away the skin, then shred them with Mutton-suet very small; then season it with Cloves, Mace, Cinnamon, Sugar, and Salt: then put to Raisins of the Sun, and Currants, and slic'd Dates, and Orange-pitts, and being well mix together, put it into small coffins made for

for the purpose, and strew on the top of them good store of Caraway Comfets : then cover them and bake them with a gentle heat : and these Chewets you may also make of roasted Veal, seasoned as before shewed, and of all parts the Loyn is the best.

Take a Legge of Mutton, and cut the best of the flesh from *A mias'd pye.* the bone, and parboyl it well : then put to it three pound of the best Mutton-suet, and shred it very small ; then spread it abroad, and season it with Salt, Cloves, and Mace : then put in good store of Currants, great Raisins, and Prunes clean washed and picked, a few Dates sliced, and some Orange-pills sliced ; then being all well mixt together, put it into a Coffin, or into divers Coffins, and so bake them : and when they are served up, open the lids, and strew store of Sugar on the top of the meat, and open the lid. And in this sort you may also bake Beef or Veal, only the Beef would not be parboyl'd and the Veal will ask a double quantity of Suet.

Take the fairest and best Pippins, and pare them, and make a hole in the top of them ; then prick in each hole a Cloves or two, and put them into the Coffin, then break in whole sticks of Cinnamon, and slices of Orangs-pills, and Dates, and on the top of every Pippin, a little piece of sweet Butter ; then fill the coffin, and cover the Pippins over with Sugar : then close up the Pye, and bake it, as you bake Pyes of the like nature : and when it is bak'd, anoint the lid over with store of sweet Butter, and then strew Sugar upon it a good thickness, and set into the Oven again for a little space, as while the meat is in dishing up, and then serve it. *A Pippia pye.*

Take of the fairest and best Wardens, and pare them, and take out the hard cores on the top, and cut the sharp ends at the bottom flat ; then boyl them in White-wine and Sugar untill the Syrup grow thick : then take the Wardens from the syrup in a clean dish, and let them cool, and set them into the coffin, and prick Cloves in the top, with whole sticks of Cinnamon, and great store of Sugar as for Pippins : then cover it, and only reserve a Vent-hole, so set it in the Oven and bake it ; when it is bak'd, draw it forth, and take the first Syrup in *A Wardenpye.*
N n n which

which the Wardens were boyl'd, and taste it, and if it be not sweet enough, then put in more Sugar, and some Rose-water, and boyl it again a little: then pour it in at the Vent-hole, and shake the Pye well: then take sweet Butter- and Rose-water melted, and with it annoint the Pye-lid all over, and then strew on it store of Sugar, and so set it into the Oven again a little space, and then serve it up: and in this manner you may also bake Quinces.

To preserve
Quinces to
bake all the
year.

Take the best and sweetest Wort, and put to it good store of Sugar: then pare and cover the Quinces clean, and put them therein, and boyl them till they grow tender: then take out the Quinces and let them cool, then let the Pickle in which they were boyled stand to cool also. Then strain it through a raunge or sieve, then put the Quinces into a sweet earthen pot: then pour the Pickle or Syrup into them, so as all the Quinces may be quite covered all over: then stop up the pot close, and set it in a dry place, and once in six or seven weeks look upon it; and if you see it shrink, or do begin to hoar or mould, then pour out the pickle or Syrup, and renewing it boyl it over again, and as before put in the Quinces being cold, and thus you may preserve them or the use of baking, or otherwise, all the year.

A Pippin Tart.

Take Pippins of the fairest, and pare them, and then divide them just in halves, and take out the Cores clean: then having rould the Coffin flat, and raised up a small Verge of an Inch, or more high, lay in the Pippins with the hollow side downward, as close one to another as may be: then lay here and there a Clove, and here and there a whole stick of Cinamon, and a little bit of Butter. Then cover all clean over with Sugar, and so cover the Coffin, and bake it according to the manner of Tarts, and when it is bak'd, then draw it out, and having boyled Butter and Rose-water together, anoint all the lid over therewith, and scrape or strew on it good store of Sugar, and so set it in the Oven again, and after serve it up.

A Codlin tart

Take green Apples from the Tree, and coddle them in scalding water without breaking: then peel the skin from them, and so divide them in halfs, and cut out the Cores, and so lay

lay them into the Coffin; and do in every thing, as you did in the Pippin-tart; and before you cover it, when the Sugar is cast in see you sprinkle upon it good store of Rose-water then close it, and do as before shewed.

Take Codlins as before said, and pill them and divide them in halves, and core them, and lay a lear thereof in the bottom of the Pye: then scatter here and there a Clove, & here and there a piece of whole Cinamon, then cover them all over with Sugar, then lay another lear of Codlins, and do as before said, and so another, till the Coffin be all filled; then cover all with Sugar, and here and there a Clove and a Cinamon-stick, and if you will a slic'd Orange-peel. and a Date, then cover it and bake it as the Pies of that nature. When it is bak'd, draw it out of the Oven, and take of the thickest and best Cream, with good store of Sugar give it one boyl or two on the fire, then open the Pye, and put the Cream therein, and mash the Codlins all about then cover it, and having trimm'd the lid. (as was before shewed in the like Pies and Tarts) set it into the Oven again for half an hour, and so serve it forth. A Codlin Pye.

Take the fairest Cherries you can get, and pick them clean from leaves and stalks: spread out your Coffin as for your Pippin-Tart, and cover the bottom with Sugar, then cover the Sugar all over with Cherries, then cover those Cherries with Sugar, some sticks of Cinamon, and here and there a Clove; then lay in more Cherries, and so more Sugar, Cinnamon and Cloves, till the coffin be filled up: then cover it, and bake it in all points, as the Codlin and Pippin Tart, and so serve it: and in the same manner you may make Tarts of Gooseberries, Strawberries, Raspberries, Bilberries, or any Berry whatsoever. Cherry tart.

Take Rice that is clean picked, and boyl it in sweet Cream, till it be very soft; then let it stand and cool, and put into it good store of Cinamon and Sugar, and the yelks of a couple of Eggs, and some Currants, stir and beat all well together, then having made the coffin in the manner before said for other Tarts, put the Rice therein, and spread it all over the Coffin: then braek many little bits of sweet butter upon it all over, and scrape some Sugar over it also; then cover then Tart and bake it, and trim it in all points as hath been before shewed, and so serve it up. A Rice tart.

A Florentine.

Take the Kidneys of Veal after it hath been well roasted, and is cold : then shred it as fine as is possible : then take all sorts of sweet Pot-herbs, or farcing herbs, which have no bitter or strong taste, and chop them as small as may be, and putting the Veal into a large dish, put the herbs unto it, and good store of clean washt Currants, Sugar Cinamon, the yelks of four Eggs, a little sweet Cream warm'd, and the fine grated Crums of a half-penny loaf and salt, and mix all exceedingly together : then take a deep pewter dish, and in it lay your paste very thin roul'd out, which paste you must mingle thus : Take of the finest Wheat-flower a quart, and a quarter so much Sugar, and a little Cinnamon, then break into it a couple of Eggs, then take sweet cream and butter melted on the fire, and with it knead the paste, and as was before said, having spread butter all about the dishes sides, then put in the Veal, and break peices of sweet butter upon it, and scrape sugar over it ; then rowl out another paste reasonable thick, and with it cover the dish all over, closing the old paste with the beaten whites of Eggs, very fast together, then with your knife cut the lid into divers pretty works, according to your fancy, then set it in the Oven and bake it with Pies and Tarts of like nature : when it is bak'd, draw it and trim the lid with Sugar, as hath been shewed in Tarts, and so serve it up with your second course.

A Prune Tart.

Take of the fairest Damask Prunes you can get, and put them in a clean Pipkin, with fair water, Sugar unbruised Cinnamon, and a branch or two of Rosemary, and if you have bread to bake, stew them in the Oven with your bread : if otherwise, stew them on the fire. When they are stewed, then bruise them all to massh in their syrup, and strain them into a clean dish ; then boyl it over again with Sugar, Cinamon and Rose-water, till it be as thick as Marmelad : then set it to cool, then make a reasonable tough paste with fine flower, Water, and a little butter, and rowl it out very thin : then having patters of paper cut into divers proportions, as Beasts, Birds, Arms, Knots, Flowers, and such like. Lay the patterns on the paste, and so cut them accordingly : then with your fingers pinch up the edges of the paste, and set the work in good

good proportion: then prick it well all over for rising, and set it on a clean sheet of large Paper, and so set it into the Oven, and bake it hard: then draw it, and set it by to cool: and thus you may do by a whole Oven full at one time, as your occasion of expence is: then against the time of Service come, take of the Confection of Prunes before rehearsed, and with your Knife or a Spoon fill the Coffin according to the thickness of the Verge, then strew it over with Carraway Comfets, and prick long Comfets upright in it, and so taking the Paper from the bottom, serve it on a Plate in a Dish or Charger according to the bigness of the Tart, and at the second course; and this Tart carrieth the colour black.

Take Apples and pare them, and slice them thin from the Apple Tart. Core into a Pipkin with white-wine, good store of Sugar, Cinamon, a few Saunders and Rose-water, and so boyl it till it be thick: then cool it and strain it, and beat it very well together with a Spoon, then put it into the Coffin as you did the Prune Tart, and adorn it also in the same manner, and this Tart, you may fill thicker or thinner, as you please to raise the Edge of the Coffin, and it carrieth colour red.

Take good store of Spinnage, and boyl it in a Pipkin with A Spinnage. White-wine till it be very soft as Pap: then take it and strain Tart. it well into a Pewter dish, not leaving any part unstrained: and put to it Rose-water, great store of Sugar and Cinamon, and boyl it till it be as thick as Marmalad, then let it cool, and after fill your Coffin and adorn it, and serve it in all points as you did your Prune Tarts and this carrieth the colour green.

Take the yelks of Eggs, and break away the films, and Ayellow Tart. beat them well with a little Cream, then take of the sweetest and thickest Cream that can be got, and set it on the fire in a clean skillet, and put into it Sugar, Cinamon, Rose-water and then boyl it well: when it is boyl'd, and still boyling, stir it well, and as you stir it put in Eggs, and so boyl it till it curdle: then take it from the fire, and put it into a Strainer, and first let the thin Whey run away into a By-dish, then strain

strain the rest very well, and beat it well with a spoon, and so put it into the Tart Coffin, and adorn it as you do your Prune-Tart, and so serve it, and this carryeth the colour yellow.

A white Tart.

Take the whites of Eggs and beat them with Rose-water, and a litile sweet cream, then set on the fire good thick sweet cream, and put into it Sugar, cinnamon, rose water and boyl it well, and as it boyls stir it exceedingly, and in the stirring put in the whites of Eggs, and boyl it till it curd, and after do in all things as you did to the yellow Tart; and this carrieth the colour white, and it is a very pure white, & therefore would be adorned with red Caraway Comfets, and as this, so with blanched Almonds like white Tarts, and full as pure. Now you may if you please put all these several colours, and several stuffs into one Tart, as thus; If the Tart be in proportion of a beast, the body may be of one colour, the eyes of another, the teeth of another, the talions of another: and of birds, the body of one colour, the eyes of another, the legs of another, and every feather in the wings of a several colour, according to fancy: and so likewise in Arms, the Field one colour, the Charge of another, according to the form of the Coat-armour; as for Mantles, Trails, and devices about Arms, they may be set out with several colours of Preserves, Conserves, Marmalads, and good in cakes, and as you shall find occasion or invention; and so likewise of knots, one tail of one colour, and another of another, and so of as many as you please.

An Herb-Tart

Take Sorrel, Spinage, Parsly, and boyl them in water till they be very soft as Pap, then take them up and press the water clean from them, then take good store of yelks of Eggs boyl'd very hard, and chopping them with the herbs exceeding small, then put in good store of Currants, Sugar, and Cinnamon and stir all well together; then put them into a deep Tart-Coffin with good store of sweet butter, and cover it, and bake it like a Pippin-Tart, and adorn the Lid after the baking in that manner also, and so serve it up.

**To bake a
Pudding-pye.**

Take a quart of the best Cream, and set it on the fire, and slice a Loaf of the lightest white bread into thin slices, and put into it, and let it stand on the fire till the Milk begin to rise, the

then take it off and put it into a bason, and let it stand till it be cold, then put in the yolks of four Eggs, and two Whites, good store of Currants, Sugar, Cinnamon, Cloves, Mace, and plenty of Sheeps-suet finely shred, and a good season of Salt, then trim your Pot well round about with Butter, and so put in your Pudding and bake it sufficiently, then when you serve it strew Sugar upon it.

Take the best and sweetest Cream and boyl it with good store of Sugar and Cinnamon, & a little Rose water, then take it from the fire, and put it into clean pick'd Rice, but not so much as to make it thick, and let it steep therein till it be cold, then put in the yolks of six Eggs, and two Whites, Currants, Cinnamon-Sugar, and Rose-water, and Salt, then put it into a pan or pot as thin as it were a Custard, and so bake it, and serve it in the pot it is baked in, trimming the top with Sugar or Comfeits. A white-pot.

There are a world of other bak'd Meats and Pyes, but for as much as whosoever can do these, may do all the rest, because herein is contained all the art of Seasonings, I will trouble you with no further repetitions, but proceed to the manner of making Banqueting stuff, and conceited dishes, with other pretty and curious secrets, necessary for the understanding of our English House-wife: for albeit, they are not of general use, yet in their due times, they are so needful for adornation, that whosoever is ignorant therein, is lame, and but the half part of a House-wife. Banqueting fruit and conceited dishes.

To make past of Quinces, first boyl your Quinces whole, and when they are soft pare them, and cut the Quince from the Core; then take the finest Sugar you can get, finely beaten or searfed; and put in a little Rose-water, and boyl it together till it be stiff enough to mould, and when it is cold, then role it, and print it. A pound of Quinces will take a pound of Sugar, or near thereabouts. To make paste of Quinces.

To make thin Quince-cakes, take your Quince when it is boyled soft as before said, and dry it upon a Pewter plate, with a soft heat, and be ever stirring of it with a slice till it be hard, then take searfed Sugar quantity for quantity, and strew it into the Quince, as you beat it in a wooden or stone mortar, and so roul them thin and print them. To make thin Quince cakes.

To preserve
Quinces.

To preserve quinces, first pare your quinces, and take out the cores, and boyl the cores and parings altogether in fair water, and when they begin to be soft, take them out and strain your Liquor, and put the weight of your Quinces in Sugar, and boyl the Quinces in the Syrup till they be tender: then take them up, and boyl the Syrup till it be thick. If you will have your Quinces red, cover them in the boyling; and if you will have them white, do not cover them.

To make Ipocras.

To make Ipocras, take a pottle of Wine: two Ounces of good Cinamon, half an ounce of Ginger, nine Cloves, and six Pepper corns, and a Nutmeg, and bruise them and put them into the wine with some Rosmary flowers, and so let them steep all night, and then put in Sugar a pound at least, and when it is well settled, let it run through a woollen bag made for that purpose: thus if your Wine be Claret, the Ipocras will be red; if white, then of that colour also.

To make Jelly.

To make the best Jelly, take Calves feet and wash them, and scald off the hair as clean as you can get it: then split them and take out the fat, and lay them in water and shift them, then bruise them in fair water untill it will jelly, which you shall know by now and then cooling a Spoonful of the Broth: when it will jelly, then strain it, and when it is cold, then put in a pint of Sack, and whole Cinamon, and Sugar, and a little Rose-water, and boyl all well together again. Then beat the white of an Egg and put into it, and let it have one boyl more: then put in a branch of Rosemary into the bottom of your Jelly bag, and let it run through once or twice, and if you will have it coloured, then put in a little Townsal. Also if you want Calves-feet, you may make as good Jelly if you take the like quantity of Ising-glass, and so use no Calves-feet at all.

To make
Leech.

To make the best Leech, take Ising-glass, and lay it two hours in water; and shift it and boyl it in fair water, and let it cool, then take Almonds, and lay them in cold water till they will blanch; and then stamp them and put to new milk, and strain them, and put in whole Mace and Ginger slic'd, and boyl them till it tast well of the spice; then put in your Ising-glass and Sugar and a little Rose-water, and let them all run through a Stainer.

To make Gin-
ger-bread.

Take Claret-wine, and colour it with Townsal, and put in Sugar

Sugar, and set it to the fire; then take wheat bread finely grated and sifted, and Licoras, Anniseeds, Ginger and Cinamon beaten very small and searfed; and put your bread and your spice together, and put them into wine and boyl it, and stir it till it be thick, then mould it and print it at your pleasure, and let it stand neither too moist nor too warm.

To make red Marmalade of Quinces, take a pound of Quinces and cut them in half, and take out the cores, and pare them; then take a pound of Sugar, and a quart of fair water, and put them all into a pan, and let them boyl with a soft fire, and sometimes turn and keep them covered with a pewter dish, so that the steam or air may come a little out: the longer they are in boyling, the better colour they will have: and when they be soft take a Knife, and cut them cross upon the top, it will make the syrup go through that they may be all of the like colour: then set a little of your syrup to cool, and when it beginneth to be thick, then break your Quinces with a slice or spoon, so small as you can in the pap, and then strew a little fine Sugar in your boxes bottom, and so put it up.

Marmalade of
Quinces, red.

To make white Marmalade, you must in all points use your Quinces as before said; only you must take but a pint of water to a pound of Quinces, and a pound of Sugar, and boyl them as fast as you can, and cover them not at all.

Marmalade
white.

To make the best Jumbals, take the whites of three Eggs, and beat them well, and take off the froth; then take a little milk and a pound of fine wheat flowre and Sugar together finely sifted, and a few Anniseeds well rub'd and dried, and then work all together as stiff as you can work it; and so make them in what forms you please; & bake them in a soft oven upon white papers.

To make
Jumbals.

To make Bisket-bread, take a pound of fine flower, and a pound of Sugar finely beaten and searfed, and mix them together, then take eight eggs, & put four yelks, & beat them very well together; then strew in your flower and sugar as you are beating of it, by a little at once, it will take very near an hours beating; then take half an ounce of Anniseeds and Coriander seeds: and let them be dried and rub'd very clean, and put them in; then rub your Bisket-pans with cold sweet Butter as thin as you can, and so put it in, and bake it in an Oven: but if you would

To make Bis-
ket-bread.

have thin Cakes, then take fruit dishes, and rub them in like sort with Butter, and so bake your Cakes on them, & when they are almost baked, turn them, and thrust them down close with your hand. Some to this Bisket-bread will add a little Cream, and it is not amiss, but excellent good also.

To make finer
Jumbals.

To make Jumbals more fine and curious than the former, and nearer to the taste of the Macaroon, take a pound of Sugar, beat it fine, then take as much fine wheat flower, and mix them together, then take two whites and one yelk of an Egg, half a quarter of a pound of blanched Almonds: then beat them very fine altogether, with half a dish of sweet Butter, and a spoonful of Rose-water, and so work it with a little Cream till it come to a very stiff paste, then roul them forth as you please: and hereto you shall also if you please, add a few dried Anniseeds finely rubbed, and strewed into the paste, and also Coriander seeds.

To make dry
Sugar leach.

To make dry Sugar leach, blanch your Almonds, and beat them with a little Rose-water, and the white of one Egg, and you must beat it with a great deal of Sugar, and work it as you would work a piece of paste: then roul it, and print it as you did other things, only be sure to strew Sugar in the print for fear of cleaving too.

To make
Leach Lombard.

To make Leach Lombard, take half a pound of blanched Almonds, two ounces of Cinamon beaten and searfed, half a pound of Sugar; then beat your Almonds, and strew in your Sugar and Cinamon till it come to a paste, then roul it, and print it as a fore-said.

To make fresh
Cheese.

To make an excellent fresh Cheese, take a pottle of Milk as it comes from the Cow, and a pint of Cream: then take a spoonful of Runnet or Earning, and put it unto it, and let it stand two hours; then stir it up, and put it into a fine cloth, and let the Whey drain from it: then put it into a bowl, and take the yelk of an Egg, a spoonful of Rose-water, and bray them together with a very little Salt, with Sugar and Nutmegs, and when all these are brayed together, and searfed, mix it with the curd, and then put it in the Cheese-fat with a very fine cloth.

How to make
course Ginger-
bread.

To make course Ginger-bread, take a quart of Honey, and set it on the coals and refine it: then take a penny-worth of Ginger,

Ginger, as much Pepper, as much Licoras, and quarter of a pound of Anniseeds, and a penny-worth of Saunders: all these must be beaten and searfed, and so put into the Hony, then put in a quarter of a pint of Claret wine, or old Ale: then take three penny manchets finely grated, and strew it amongst the rest, and stir it till it come to a stiff paste, and then make into Cakes, and dry them gently.

To make ordinary Quince-cakes, take a good piece of preserved Quince, and beat it in a mortar, and work it up into a very stiff paste with fine searft Sugar; then print it, and dry them gently.

How to make
Quince-cakes
ordinary.

To make most artificial Cinamon sticks, take an ounce of Cinamon and pound it, and half a pound of Sugar: then take some gum Dragon, and put it in steep in Rose-water: then take thereof to the quantity of a Hazel-nut, and work it out and print it, and roul it in form of a Cinamon-stick.

How to make
Cinamon
sticks.

To make Cinamon-water, take a pottle of the best Ale and a pottle of Sack-lees, a pound of Cinamon sliced fine, and put them together, and let them stand two dayes; then distill them in a Limbeck or glass still.

How to make
Cinamon-
water.

To make Wormwood-water, take two gallons of good Ale, a pound of Anniseeds, half a pound of Licoras, and beat them very fine, and then take two good handfuls of the crops of Wormwood and put them into Ale, and let them stand all night, and then distill them in a Limbeck with a moderate fire.

To make
Wormwood
water.

To make sweet water of the best kind, take a thousand Damask Roses, two good handfuls of Lavender tops, a three-penny weight of Mace, two ounces of Cloves bruised, a quart of running water: put a little water into the bottom of an earthen pot, and then put in your Roses and Lavender, with the spices by little and little, and in the putting in, alwaies knead them down with your fist, and so continue it untill you have wrought up all your Roses and Lavender, and in the working between put in alwaies a little of your water; then stop your pot close and let it stand in four dayes, in which time every morning and evening put in your hand, and pull from the bottom of your pot the said Roses, working it for a time, and then distill it, and hang in the glass of water a grain or two of Mace wrapt up in a Piece of Sarcenet or fine cloth.

To make
sweet water.

Another way. Others to make sweet water, take of Ireos two ounces, of Calamus half a ounce, of Cyprus roots half an ounce, of yellow Saunders nine drams, of Cloves bruised one ounce, of Storax and Calamint one ounce, and of Musk twelve grains, and infusing all these in Rose-water distill it.

To make Date-Leach. To make an excellent Date-Leach, take Dates, and take out the stones, and the white rind, and beat them with Sugar, Cinamon and Ginger, very finely; then work it as you would work a piece of paste, and then print them as you please.

To make Sugar plate. To make a kind of Sugar plate, take Gum Dragon, and lay it in Rose-water two days: then take the powder of fair Heppes and Sugar, and the juice of an Orange, beat all these together in a mortar, then take it out, and work it with your hand and print it at your pleasure.

To make spice Cakes. To make excellent spice Cakes, take half a peck of very fine Wheat flowre, take almost one pound of sweet Butter, and some good Milk and cream mixt together, set it on the fire, and put in you Butter, and a good deal of Sugar, and let it melt together: then strain Saffron into your Milk a good quantity: then take seven or eight spoonfuls of good Ale barm, and eight eggs with two yelks, and mix them together, then put your Milk to it when it is somewhat cold, and into your flowre put Salt, Anniseeds bruised, Cloves, and Mace, and a good deal of Cinamon; then work all together good and stiff, that you need not work in any flower after, then put in a litle Rose-water cold, then rubbe it well in the thing you knead it in and work it throughly: if it be not sweet enough, scrape in a little more Sugar, and pull it all in pieces, and hurle in a good quantity of Currants, and so work all together again, and bake your Cake as you see cause, in a gentle warm Oven.

To make Banbury Cakes. To make a very good Banbury Cake, take four pounds of Currants, and wash and pick them very clean, and dry them in a cloth: then take three Eggs, and put away one yolk, and beat them and strain them with Barm, putting thereto Cloves, Mace, Cinamon, and Nutmegs, then take a pint of Cream, and as much mornings Milk, and set it on the fire till the cold be taken away; then take flowre, and put in good store of cold.

cold butter and sugar, then put in your eggs, barm and meal, and work them all together an hour or more; then save a part of the paste, & the rest break in pieces, and work in your Currants, which done, mould your Cakes of what quantity you please, and then with that paste which hath not any Currants, cover it very thin, both underneath and aloft. And so bake it according to the bigness.

To make the best March-pane, take the best Jordan Almonds To make the best March-pane. and blanch them in warm water, then put them into a stone-mortar, and with a wooden-pestel beat them to pap, then take of the finest refined Sugar well searst, and with it Damask-Rose-water beat it to a good stiff paste, allowing almost to every Jordan Almond, three spoonfulls of sugar, then when it is brought thus to a paste, lay it upon a fair Table, and strewing searst sugar under it, mould it like leven, then with a rowling-pin rowl it forth, and lay it upon wafers wash'd with Rose-water; then pinch it about the sides, and put it into what form you please; then strew searst sugar all over it, which done, wash it over with Rose-water and sugar mixt together, for that will make the Ice; then adorn it with Comfets, gilding, or whatsoever devices you please, and so set it into a hot stove, and there bake it crispy, and serve it forth. Some use to mix with the paste Cinamon and Ginger finely searst, but I refer that to your particular taste.

To make paste of *Genoa*, you shall take Quinces after they have been boyled soft, and beat them in a mortar with refined sugar, Cinamon and Ginger finely searst, and Damask-Rose-water till it come to a stiff paste; and rowl it forth, and print it, and so bake it in a stove; and in this sort you may make paste of Pears, Apples, Wardens, Plums of all kinds, Cherries, Barberries, or what other fruits you please.

To make conserve of any fruit you please, you shall take the fruit you intend to make conserve of, and if it be stone-fruit, you shall take out the stones: if other fruit, take away the paring and core, and then boyl them in fair running water to a reasonable height: then drain them from thence, and put them into a fresh Vessel with Claret-wine or White-wine, according to the colour of the fruit; and so boyl them

to a thick pap, all to mashing, breaking, and stirring them together: and then to every pound of pap, put to a pound of Sugar, and so stirre them all well together, and being very hot, straine them through faire strainers, and so pot it up.

To make a
conserve of
Flowers.

To make conserve of Flowers, as Roses, Violets, Gilliflowers, and such like; you shall take the flowers from the stalks, and with a pair of sheers cut away the white ends at the roots thereof, and then put them into a stone mortar, or wooden brake, and there crush, or beat them, till they become to a soft substance: and then to every pound thereof, take a pound of fine refined Sugar, well searst, and beat it all together, till it come to one intire body, and then pot it up, and & use it as occasion shall serve.

To make Wafers.

To make the best Wafers, take the finest wheat-flowers you can get, and mix it with Cream, the yelks of Eggs, Rose-water, Sugar, and Cinamon, till it be a little thicker than Pancake-batter, and then warming your Wafer Irons on a charcoal-fire, anoint them first with sweet Butter, and than lay on your batter, and press it, and bake it white or brown at your pleasure.

To make Marmalade of Oranges.

To make an excellent Marmalade of Oranges, take the Oranges, and with a Knife pare off as thin as is possible the uppermost rind of the Orange; yet in such sort, as by no means you alter the colour of the Orange: then steep them in fair water, changing the water twice a day, till you find no bitterness of taste therein; then take them forth, and first boyl them in fair running water, and when they are soft, remove them in, so Rose-water, and boyl them therein till they break: then to every pound of the pulp, put a pound of refined Sugar, and so having masht, and stirring them all well together, strain it through very fair strainers into boxes, and so use it as you shall see occasion.

Additional to
Banqueting-
Hall.

To make fine
Cakes.
Fine bread.

Take a pottle of fine flower, and a pound of Sugar, a little Mace, and good store of water to mingle the flowers into a stiff paste, and a good season of Salt, and so knead it, and roul out the Cakes thin, and bake them on papers.

Take a quarter of a pound of fine Sugar well beaten, and as much

much flowre finely bolted, with a quantity of Anniseeds a little bruised, and mingle all together; then take two Eggs, and beat them very well, whites and all; then put in the mingled stuff aforesaid, and beat all together a good while, then put it into a mould, whipping the bottom ever first with Butter, to make it come out easily, and in the baking, turn it once or twice as you shall have occasion, and so serve it whole or in slices at your pleasure.

Take sweet Apples, and stamp them as you do for Cider, then press them through a bag as you do Verjuice, then put it into a firkin wherein you will keep your quinces, and then gather your quinces, and wipe them clean, and neither core them nor pare them, but only take the blacks from the tops, and so put them into the firkin of Cider, and therein you may keep them all the year very fair, and take them not out of the liquor, but as you are ready to use them, whether it be for pyes, or any other purpose, and then pare them, and core them as you think good.

To preserve
Quinces for
Kitchia ser-
vice.

Take a gallon of Claret or White Wine, and put therein four ounces of Ginger, an ounce and half of Nutmegs, of Cloves one quarter, of Sugar four pound; let all this stand together in a pot at least twelve hours, then take it, and put it into a clean bag made for the purpose, so that the Wine may come with good leisure from the spices.

To make Ipo-
cras.

Take quinces and wipe them very clean, and then core them, and as you core them, put the cores strait into fair water; and let the cores and the water boyl, when the water boyleth, put in the quinces unpared, and let them boyl till they be tender, and then take them out, and pare them, and ever as you pare them, put them strait into Sugar finely beaten: then take the water they were sodden in, and strain it through a fine cloth, and take as much of the same water as you think will make syrup enough for the Quinces, and put in some of your Sugar and let it boyl a while, and then put in your Quinces, and let them boyl a while, and turn them, and cast a good deal of Sugar upon them; they must seeth apace, and ever as you turn them, cover them still with Sugar, till you have bestowed all your Sugar; and when you think that your Quinces are tender enough, take them forth, and if your syrup be not stiff enough,

To preserve
Quinces.

you

you may seeth it again after the quinces are forth. To every pound of Quinces you must take more than a pound of sugar, for the more sugar you take, the fairer your Quinces will be, and the better and longer they will be preserved.

Conserve of
Quinces.

Take two gallons of fair water, and set it on the fire, and when it is luke-warm, beat the whites of five or six eggs, and put them into the water, and stir it well, and let the water seeth, and when it riseth up all on a curd, then scum it off. Take Quinces and pare them, and quarter them, and cut out the core: Then take as many pounds of your Quinces as of your Sugar, and put them into your liquor, and let it boyl till your liquor be as high coloured as French-wine; and when they be very tender, then take a fair new Canvas cloth fair wash'd and strain your Quinces through it with some of your liquor; if they will not go through easily:) then if you will make it very pleasant, take a little Musk, and lay it in Rose-water, and put it thereto, then take and seeth it until it be of such substance, that when it is cold it will cut with a knife, and then put it in to a fair box, and if you please lay leaf-gold thereon.

To keep
Quinces all
the year.

Take all the parings of your Quinces that you make your conserve withall, and three or four other Quinces, and cut them in pieces and boyl the same parings and the other pieces in two or three gallons of water, and so let them boyl till all the strength be soddon out of the same Quinces and parings, and if any scum arise whilest it boyls, take it away; then let the said water run through a strainer into a fair Vessel, and set it on the fire again, and take your Quinces that you will keep, and wipe them clean, and cut off the uttermost part of the said Quinces, and pick out the kernels and cores as clean as you can, and put them into the said liquor, and so let them boyl till they be a little soft, and then take them from the fire, and let them stand till they be cold then take a little Barrel, and put into the said Barrel the water that your Quinces be soddon in, then take up your Quinces with a Ladle, and put them into your Barrel, and stop the Barrel close that no air come into them, till you have fit occasion to use them; and be sure to take such Quinces as are neither bruised nor rotten.

Take

Take of the best sugar, and when it is beaten, searfe it very fine and of the best Ginger, and Cinnamon; then take a little Gum-dragon, and lay it in Rose-water all night, then pour the water from it, and put the same with a little white of an egg well beaten into a bras mortar, the sugar, ginger, cinnamon, and all together, and beat them together till you may work it like paste; then take it and drive it forth into cakes, and print them, and lay them before the fire, or in a very warm stove to bake. Or otherwise, take Sugar and Ginger, (as is before said) cinnamon and gum-dragon excepted, instead whereof, take only whites of Eggs, and so do as was before shewn you.

Fine Ginger
Cakes.

Take curds, the paring of Lemons, of Oranges, or Pome-citrons or indeed any half ripe green fruit, and boyl them till they be tender in sweet wort; then make a sirrup in this sort, take three pounds of Sugar, and the whites of four eggs, and a gallon of water, then twing and beat the water and eggs together, and then put in your Sugar, and set it on the fire, and let it have and ease fire, and so let it boyl six or seven walmes, and then strain it through a cloth, and set it on again till it fall from the spoon, and then put it into the rinds or fruits.

To make
Suckets.

Take a quart of Honey clarified, and seeth it till it be brown and if it be thick, put to it a dish of water: then take fine crums of white bread grated, and put to it, and stirre it well, and when it is almost cold, put to it the powder of Ginger, Cloves, Cinnamon, and a little Licoras and Anniseeds: then knead it, and put it into a mould and print it; some use to put to it also a little Pepper, but that is according unto taste and pleasure.

Course Ginger
bread.

Dissolve sugar, or sugar-candy in Rose-water, boyl it to an height, put in your roots, fruits or flowers, the syrup being cold, then rest a little; after take them out, and boyl the sirrup again, then put in more roots, &c. then boyl the syrup the third time to an hardness, putting in more Sugar, but not Rose-water put in the roots, &c. the syrup being cold, and let them stand till they candy.

To candy any
root, fruits, or
flowers.

Thus having shewed you how to preserve, conserve, candy, & make pails of all kinds in which four heads consists the whole Art of banquetting dishes; I will now proceed to the ordering

Ordering of
Banquets.

or setting forth of a banquet, wherein you shall observe that March-panes have the first place, the middle place, and last place; your preserved fruits shall be dished up first, your pasts next, your wet suckets after them, then, your dried suckets, then your Marmalades, and Coriniates, then your Comfets of all kinds; Next your Pears, Apples, Wardens, bakt raw, or roasted, and your Oranges and Lemons sliced; and lastly your Wafer-cakes. Thus you shall order them in the closet; but when they goe to the Table, you shall first send forth a dish made for shew only, as Beast, Bird, Fish, Fowl, according to invention: then your March-pane, then preserved Fruit, then a past, then a wet sucket, then a dry sucket, Marmalade, comfets, apples; pearces, wardens, Oranges, and Lemons sliced, and then wafers, and another dish of preserved fruits, and so consequently all the rest before, no two dishes of one kind, going or standing together, and this will not only appear delicate to the eye, but invite the appetite with the much variety thereof.

Ordering of
great Feasts
and proportion
of expence.

Now we have drawn our *House-wife* into these several Knowledges of Cookery, in as much as in her is contained all the inward Offices of Houshold, we will proceed to declare the manner of serving and setting forth of meat for a great Feast, and from it derive meaner, making a due proportion of all things; for what avails it our good *House-wife* to be never so skilfull in the parts of Cookery, if she want skill to marshall the dishes, and set every one in his due place, giving precedency according to fashion and Custome. It is like to a Fencer leading a band of men in a rout, who knows the use of the weapon but not how to put men in order. It is then to be understood, that it is the Office of the Clerk of the Kitchen, (whose place our *House-wife* must many times supply) to order the meat at the Dresser, and deliver it unto the Sewer, who is to deliver it to the Gentlemen, and Yeomen-writers to bear to the Table. Now because we allow no Officers but our *House-wife*, to whom we only speak to this Book, she shall first marshall her Sallets, delivering the Grand Sallet first; which evermore compound: then green Sallets then boyled Sallets, then some smaller compound Sallets. Next unto Sallets she shall deliver forth all her Fricases, the simple first as Collops, Rashers, and such like,
then

then compound Fricasés; after them all, her boyled meates in their degree, as simple broths, stewed-broths, and the boylings of sundry Fowles. Next them, all sorts of Rost-meates, of which the greatest first, as chine of Beef, or surloyne, the Jigget or legs of Mutton, Goose, Swan, Veale, Pig, Capon, and such like. Then bak'd meates, the hot first, as Fallow-Deer in Pasty, Chickens, or Calves foot pye and Doufet. Then cold bak'd meates, Pheasant, Partridges, Turkey, Goose, Wood-cock, and such like. Then lastly, Carbonadoes, both simple and compound. And being thus Marshall'd from the Dresser, the Sewer upon the placing them on the Table, shall not set them down as he received them, but setting the Sallets extravagantly about the Table, mix the Fricasés about them, then the boyl'd meates amongst the Fricasés, rost meates amongst the boyld, baked meates amongst the rost, and Carbonadoes amongst the bak'd, so that before every Trencher may stand a Sallet, a Fricasé, a boyl'd meat, a rost meat, a bak'd meat, and a Carbonado, which will both give a most comely beauty to the Table, and very great contentment to the Guest. So likewise in the second course, she shall first preferre the lesser Wild-fowl, as Mallard, Teyl, Snipe, Plover, Wood-cock, and such like: then the lesser Land-fowl as Chicken, Pidgeons, Partridge, Raile, Turkey Chickens, young Pea-hens, and such like.

Then the great Wild-fowl, as Bittern, Hearn, Shoveler, Crane, Bustard, and such like. Then the greater Land-fowl, as Peacocks, Pheasant, Puets, Gulls, and such like. Then hot bak'd meates, as Marrow-bone pye, Quince-pye, Florentine, and Tarts.

Then cold bak'd meates, as Red Deer, Hare-pye, Gammon of Bacon-pye, Wild-bore, Roe pye, and such like, and these also shall be marshal'd at the Table as the first course, not one kind all together, but each severall sort mixt together, as a lesser Wild-fowle, and a lesser Land-fowle, a great Wild-fowle, and a great Land fowle, a hot bak'd meat and a cold, and for made dishes and Quelquechofes, which rely on the invention of the Cook, they are to be thrust in into every place that is empty, and so sprinkled over all the Table: and that is the best method for the extraordinary great Feasts of

Princes. But in case it be for much more humble men, then lesser care and fewer dishes may discharge it : Yet before I proceed to that lower rate, you shall understand that in these great Feasts of Princes, though I have mentioned nothing but flesh, yet is not Fish to be exempted ; for it is a beauty and an honour unto every Feast, and is to be placed amongst all the several services, as thus ; amongst your Sallets, all sorts of soule fish that lives in the fresh water ; amongst your Fricases all manner of fryed fish ; amongst your boyled meats, all fish in broth ; amongst your rost meats, all fish served hot, but dry ; amongst the bak'd meats, sea-fish that is souled, as Sturgeon, and the like ; and amongst your Carbonades fish that is broyl'd. As for your second Course, to it belong all manner of shell-fish, either in the shell, or without ; the hot to go up with the hot meat, and the cold with the cold :

And thus shall the Feast be Royall, and the Service Worthy,

Now for a more humble Feast, or an ordinary proportion which any good man may keep in his Family, for the entertainment of his true and worthy friends, it must hold limitation with his provision, and the season of the year ; For Summer affords what Winter wants, and Winter is Master of that, which Summer can but with difficulty have : it is good then for him that intends to Feast, to set down the full number of his full dishes, that is, dishes of meat that are of substance, and not empty, or for shew ; and of these sixteen is a good proportion for one course unto one messe, as thus, for example ; First, a shield of Brawn with mustard, Secondly, a boyl'd Capon, Thirdly, a boyld pice of Beef, Fourthly, a chine of Beef roasted, Fifthly, a Neats tongue roasted, Sixthly, a Pig roasted, Seventhly, Chewers bak'd, Eighthly, a Goose roasted, Ninthly, a Swan roasted, Tenthly, a Turkey roasted, the Eleventh, a haunch of Venison roasted, the Twelfth a Pastie of Venison, the Thirteenth, a Kid with a pudding in the belly, the Fourteenth, an Olive-pye, the Fifteenth, a couple of Capons, the Sixteenth, a Custard or Dowsets. Now to these full dishes may be added Sallets, Fricases, Quelquechoses, and de-

devised paste, as many dishes more which make the full service no less than two and thirty dishes which is as much as can conveniently stand on one Table, and in one mess; and after this manner you may proportion both your second and third course, holding fulness in one half of the dishes, and shew in the other, which will be both frugal in the spender, contentment to the guest, and much pleasure and delight to the beholders. And thus much touching the ordering of great feasts, and ordinary contentments.

CHAP. III.

Of Distillations, and their virtues, and of Perfuming,

When your English House-wife is exact in these Rules before rehearsed, and that she is able to adorn and beautify her Table, with all the vertuous illustrations meet for her knowledge; she shall then sort her mind to the understanding of other Housewifely secrets; right profitable and meet for her use such as the want thereof may trouble her when need or time requires.

Therefore first I would have her furnish her self, of very good Stills, for the Distillation of all kinds of Water, which Stills Of the nature of Waters. would either be of Tin, or sweet Earth, and in them she shall distill all sorts of Waters, meet for the health of her Household, as Sage water, which is good for all Rheums, and Collicks; Raddish water, which is good for the stone; Angelica water good against infection: Celandine water for sore eyes: Vine water for Itchings; Rose water, and Eye bright water for dimme sights; Rosemary water for Fistulaes: Treacle water for mouth Cankers; Water of Cloves for the pain in the Stomach: Saxifrage water for Gravel and hard Urine, Allom water for old Ulcers, and a world of others, any of which will last a full year at the least. Then she shall know that the best waters for the smoothing of the skin, and keeping the face delicate & amiable, are those which are distilled from Beanflowers; from Strawberries, from Vine leaves, from Goats milk, from Asses milk, from the whites of Eggs, from the flowers.

flowers of Lillies, from Dragons, from Calves feet, from bran, or from yelks of Eggs, any of which will last a year or better.

Additions to
distillations.
To distill wa-
ter of the co-
lour of the
herb or flowe
you desire.
To make A-
quavivz.

First distill your water in a stillatory, then put it in a glass of great strength, and fill it up with these flowers again (whose colour you desire) as full as you can, and stop it, and set it in the stillatory again, and let it distill, and you shall have the colour you distill.

Take of Rosemary flowers two handfull, of Marjerom, Winter savory, Rosemary, Rue, unset Time, Germander, Rib work, Harts tongue, Monseare, white Wormwood, Bugloss, Red Sage, Liver-wort, Hoar-hound, fine Lavender, Hyssop-crops, Penny-royal, Red fennel, of each of these one handfull; of Elicampane roots, clean pared and sliced, two handfulls; Then take all these aforesaid and shred them, but not wash them, then take four gallons and more of strong Ale, and one gallon of Sack lees, and put all these aforesaid herbs shred into it, and then put into it one pound of Lycoras bruised, half a pound of Anniseeds clean sifted and bruised, and of Mace and Nutmegs bruised of each one ounce: then put all together into your stilling pot, close cover'd with Rye paste, and make a soft fire under your pot, and as the head of the Limbeck heateth, draw out your hot water and put in cold, keeping the head of your Limbeck still with cold water, but see that your fire be not too rash at the first, but let your water come at leisure; and take heed unto your stilling, that your water change not white: for it is not so strong as the first draught is; and when the water is distilled, take a gallon glass with a wide mouth, and put therein a pottle of the best water; and clearest, and put into a pottle of *Rosa solis*, and half a pound of Dates bruised, and one ounce of grains, and half a pound of Sugar, half a pound of seed pearl beaten, three leaves of fine Gold, stir all these together well, then stop your glass, and set it in the Sun the space of one or two months, and then clarifie it, and use it at your discretion: for a spoonfull or two at a time is sufficient, and the vertues are infinite.

Fill a pot with Wine clean and strong, and put therein the

Another ex-
cellent Aqua
vivz.

then powders of Cammomile, Jilly flowers, Ginger, Pellitory, Nutmeg, Callengal, Spicknard, Quenebus, Grains of pure long pepper, black pepper, Cummin, Fennel seed, smallage, Parly, Sage, Rue, Mint, Calamint, and Horshoe, of each of them alike quantity, and beware they differ not the weight of a dram under or above: then put all the powders above-said into the wine, and after put them into the distilling pot, and distill it with a soft fire, and look that it be well luted about with Rye paste, so that no fume or breath goe forth, and look, that the fire be temperate: also receive the water out of the Lymbeck into a glass Vial. This water is called the water of Life, and it may be likened to Balm, for it hath all the vertues and properties which Balm hath. This water is cleer, and lighter than Rose-water, for it will fleet above all liquors, for if oyle be put above this water, it sinketh to the bottome, This water keepeth Fleth, and Fish, both Raw, and Sodden, in his own kind and state, it is good against Aches in the Bones, the Pox, and such like: neither can any thing kept in this water either rot or purifie; it doth draw out the sweetness, flavour, and vertues of all manner of spices, roots and herbs that are wet or layd therein: it gives sweetness to all manner of water that is mixt with it, it is good for all manner of cold sicknesses, and namely for the Palsie or trembling joynts, and stretching of the sinews; it is good against the cold gout, and it maketh an old man seem young, using to drink it fasting, and lastly it fretteth away dead flesh in wounds, and killeth the Canker.

Take Rosemary, Thyme, Hyssop, Sage, Fennel, Nep roots of Elicampane, of each an handfull, of Marjerom and Penny-royall of each half a handfull, eight slips of red Mint, halfe a pound of Lycoras, half a pound of Anniseeds, and two Gallons of the best Ale that can be brewed, wash all these herbs clean, and put into the Ale, Licoras, Anniseed, and herbs into a clean bras pot, and set your Limbeck thereon, and paste it round about that no air come out, then distill the water with a gentle fire, and keep the Limbeck coole above, not suffering it to run too fast; and take heed when your water changeth

To make Aqua
composita.

changeth colour, to put another glass under, and keep the first water for it is most precious, and the later water keep by it selfe and put it into your next pot, and that shall make it much better.

A very principal Aqua-composita.

Take of Balm, of Rosemary flowers, tops and all, of dried Red Rose leaves, of Penny-royal, of each of these a handfull, one root of Elicampane, the whitest that can be got, three quarters of a pound of Lycoras, two ounces of Cinnamon, two drams of great Mace, two Drams of Galengal, three drams of Coriander seed, three drams of Carraway seeds, two or three Nutmegs cut in four quarters, an ounce of Anniseeds, a handfull of borage, you must chuse a fair Sunny day to gather the herbs in: you must not wash them, but cut them in sunder, and not too small; then lay all your herbs in fouse all night and a day, with the spices grossly beaten or bruised, and then distill it in order aforesaid: this was made for a learned Physicians own drinking.

To make the Imperial water.

Take a gallon of Gascoine Wine, Ginger, Galengall, Nutmegs, Grains, Cloves Anniseeds, Fennel-seeds, Carraway seeds, of each one dram, then take Sage, Mint, Red roses, Thymme Pellitory, Rosemary, Wild-time, Camomil and Lavender, of each a handfull, then bray the spices small, and the herbs also, and put all together into the Wine, and let it stand so twelve hours, stirring it so divers times, then distill it with a Limbeck, and keep the first water, for it is the best: of a Gallon of Wine you must not take above a quart of Water: this Water comforteth the Vitall spirits, and helpeth the inward diseases that come of cold, as the pallsie, the contraction of sinews; also it killeth worms, and comforteth the stomach, it cureth the cold Dropisie, helpeth the stone, the stinking breath, and maketh one seem young.

To make Cinnamon water.

Take a pottle of the best Sack, and half a pint of Rose water, a quarter and half a pound of good Cinnamon well bruised but not small beaten, distill all these together in a Glass-still, but you must carefully look to it, that it boyl not over hastily, and attend it with cold wet cloths to cool the top of the still if the water should offer to boyl too hastily. This water is very Sovereign for the stomach, the head, and all the inward

inward parts, it helps Digestion, and comforteth the vital spirits.

1. Take Fennel, Rue, Vervane, Endive, Bettony, Germander, Red Roles, *Capilla Veneris*, of each an Ounce; stamp them, and keep them with White-wine a day and a night, and distill Water of them, which water will divide in three parts: the first Water you shall put in glais by it self, for it is more precious than Gold, the second as Silver, and the third as Balm, and keep these three parts in Glaises: this Water you shall give the Rich for Gold, to meaner for Silver, to poor men for Balm. This Water keepeth the sight in cleareness, and purgeth all gross humors.

2. Take *Sal gumme* a pound, and lap it in a green Dock-leaf, and lay it in the fire till it be well rosted, and wax white, then put it in a Glais against the Air a night, and on the morrow it shall be turned to a white water like unto Chrystal, keep this water well in a Glais, and put a drop into the eye, and it shall cleanse and sharp the sight. It is good for any evil at the heart for the Morpew and Canker in the mouth, and for divers other evils in the body.

3. Take the roots of Fennel, Parsly, Endive, Betony, of each an ounce, and first wash them well in luke-warm water, and bray them well with White-wine a day and a night, and then distill them into water. This Water is more worthy then Balme; it preserveth the sight much, and cleanseth it of all filth, it restraineth tears, and comforteth the Head, and avoideth the Water that cometh through the pain of the Head.

3. Take the seeds of Parsley, Achannes, Vervane, Carawayes, and Centaury, of each ten Drams, beat all these together, and put it in warm water a day and a night, and put it in a vessel to distill. This water is a precious water for all fore eyes, and very good for the health of Mans or Womans body.

5. Take Limmel of Gold, Silver, Lattin, Copper, Iron Steel, and Lead: and take Litharge of Gold and Silver, take Calamint, and Columbine, and steep all together, the first day in the Urine of a man child, that is between a day and a

Qq q

night;

Six most precious waters which Hippocrates made & sent to Queen sometimes living in England.

night; the second day in White-wine; the third day in the juice of Fennel; the fourth day in the White of Eggs; the fifth day in Womans milk that nurseth a man-child; the sixth day in red Wine; the seventh day in Whites of Eggs; and upon the eighth day bind all these together, and distill the Water of them, and keep this water in a vessel of Gold or Silver. The virtues of this Water are these: First, it expelleth all Rheums, and doth away all manner of sickness from the Eyes, and wears away the Pearl, Pin, and wed: it draweth, again into his own kind the Eye-lids that have been bleared, it easeth the ach of the head, and if a man drink it, it maketh him look young even in old Age; beside a world of other most excellent vertues.

6. Take the Gold-smith's stone, and put it into the fire, till it be red hot, and quench it in a Pint of white-wine, and do so nine times, and after grind it, and beat it small, and cleanse it as clean as you may, and after set it in the Sun with water of Fennel distilled, and Vervane, Roses, Celandine, and Rue, and a little *Aqua vite*; and when you have sprinkled it in the water nine times, put it then in a vessel of Glass, and yet upon a reversion of the Water distill it, till it passe over the Touch four or five Inches; and when you will use it, then stir it all together, and then take up a drop with a Feather, and put it on your Nail, and if it abide, it is fine and good: then put it into the Eye that runneth, or anoint the head with it if it ake, and Temples, and believe it, that of all Waters this is the most precious, and helpeth the sight, or any pain in the head.

The vertues of
several waters.

The water of Chervile is good, for a sore mouth.

The water of Calamint is good for the Stomach.

The Water of Plantane is good for the flux, and the hot Dropfie.

Water of Fennel is good to make a fat body small, and also for the Eyes.

Water of Violets is good for a man that is sore within his body, and for the Reins, and for the Liver.

Water of Endive is good for the Dropfie, and for the Jaundice and the Stomach.

Water

Water of Borage is good for the stomach, and for the *Illias passio*, and many other sicknesses in the body.

Water of Sages is good for the Palsie.

Water of Betony is good for old Age, and all inward sicknesses.

Water of Radish, drunk twice a day, at each time an Ounce, or an ounce and a half, doth multiply and provoke Lust, and also provoketh the terms in women.

Rosemary water (the face washed therein both morning and night) causeth a fair and clear countenance; also the head washed therewith, and let dry of it self, preserveth the falling of the Hair, and causeth more to grow: also two ounces of the same drunk, driveth Venome out of the body in the same sort as Methridate doth; the same twice or thrice drunk at each time half an ounce, rectifieth the mother, and it causeth women to be fruitful. When one maketh a Bath of this Decoction, it is called the Bath of Life: the same drunk, comforteth the heart, the brain, and the whole body, and cleanseth away the spots of the face; it maketh a woman look young, and causeth women to conceive quickly, and hath all the virtues of Balm.

Water of Rew, drunk in a morning four or five dayes together, each time an ounce, pruiseth the flowers in women: the same Water drunk in the morning fasting, is good against the griping of the bowels, and drunk at morning, and at night, at each time an Ounce, it provoketh the Termes in women.

The Water of Sorrel drunk, is good for all burning and peccilent Feavers, and all other hot sicknesses: being mixt with beer, Ale, or Wine, it slaketh the Thirst: it is also good for the Yellow Jaundice, being taken six or eight dayes together: it also expelleth from the Liver, if it be drunk, and a cloth wet in the same, and a little wrung out, and so applied to the right side over against the Liver, and when it is dry, then wet another, and apply it, and thus do three or four times together.

Lastly, the water of Angelica is good for the head, for inward infection either of Plague or Pestilence, it is very so-
Q q q 2 veraign

veraign for sore breasts; also the same Water being drunk of twelve or thirteen dayes together, is good to unlade the stomach of gross humours and superfluities, and it strengtheneth and comforts all the universal parts of the body. And lastly, it is a most soveraign medicine for the Gout, by bathing the diseased members much therein.

Now to conclude and knit up this Chapter, it is meet that our Housewife know that from the eight of the Kalends of the Month of *April*, unto the eighth of the Kalends of *July*, all manner of herbs and leaves are in that time most in strength, and of the greatest virtue to be used, and put in all manner of Medicines; also from the eighth of the Kalends of *July*, unto the eighth of the Kalends of *October*, the stalks, stems, and hard branches of every herb and plant is most in strength to be used in Medicines; and from the eighth of the Kalends of *October*, unto the eight of the Kalends of *April*, all manner of roots of herbs and plants are the most of strength and vertue to be used in all manner of Medicines.

An excellent
water for per-
fume.

To make an excellent sweet Water for Perfume, you shall take of Basil, Mints, Marjerom, Corn-flag-roots, Hyssop, Savory, Sage, Balme, Lavender, and Rosemary of each one handfull; of Cloves, Cinnamon, and Nutmegs, of each half an ounce; then three or four Pome-citrons cut into slices, infuse all these into Damask-Rose-water, the space of three dayes, and then distill it with a gentle fire of Char-coal, then when you have put it into a verew clean glass take of fat Musk, Civet, and Amber-greece, of each the quantity of a Scruple, and put it into a rag of fine Lawn, and then hang it within the water. This being burnt either upon a hot pan, or else boyled in perfuming-pans with Cloves, Bay-leaves, and Lemon-pills, will make the most delicate perfume that may be, without any offence, and will last the longest of all other perfumes, as hath been found by Experience.

To perfume
Gloves.

To perfume Gloves excellently, take the oyl of sweet Almonds, oyl of Nutmegs, oyl of Benjamin, of each a Dram, of Amber-greece one Grain, fat Musk two Grains: mix them all together, and grind them upon a Painters Stone, and then anoint the Gloves therewith, yet before you anoint them

them, let them be dampishly moistned with Damask Rose-water.

To perfume a Jerkin well, take the oyl of Benjamin a penny-worth, oyl of Spike and oyl of Olives, half penny worths of each, and take two Spunges, and warm one of them against the fire and rub your Jerkin therewith, and when the oyl is dryed take the other Spunge and dip it in the oyl, and rub your Jerkin therewith till it be dry, then lay on the Perfume before prescribed for Gloves.

To perfume a Jerkin.

To make very good Washing-balls, take Storax of both kinds Benjamin, *Calamus Aromaticus*, Labdanum, of each alike; and bray them to powder with Cloves and Orris; then beat them all with a sufficient quantity of Sope till it be stiff, then with your hand you shall work it like Paste, and make round balls thereof.

To make Washing-balls.

To make Musk-balls, take Nutmegs, Mace Cloves, Saffron and Cinnamon, of each the weight of two pence and beat it to fine powder, of Mastick the whight of two pence half-penny, of Storax the weight of six pence, of Labdanum the weight of ten pence; of Ambergreece the weight of six pence; and of Musk four grains, dissolve and work all these in hard sweet Sope till it come to a stiff Paste, and then make Balls thereof.

To make a Musk-ball

To make a good Perfume to burn, take Benjamin one ounce, Storax, Calamint two ounces, of Mastick white, Ambergreece, of each one ounce; Ireos, *Calamus Aromaticus*, Cypress wood, of each half an ounce, of Camphire one scruple, Labdanum one ounce; beat all these to powder, then take of Sallow Charcole six ounces, of liquid Storax two ounces, beat them all with *Aqua vite*, and then you shall rowl them into long round Rowls.

A Perfume to burn.

To make Pomanders, take two penny-worth of Labdanum two penny-worth of Storax liquid, one penny-worth of *Calamus Aromaticus*, as much Balm, half a quarter of a pound of fine wax, of Cloves and Mace two penny-worth, of liquid Aloes three penny-worth, of Nutmegs eight penny worth, and of Musk four grains: beat all these exceeding together, till they come to a perfect substance, then mould it in any fashion you please, and dry it.

To make Pomanders.

To

To make Vinegar.

To make excellent strong Vinegar, you shall brew the strongest Ale that may be, and having tunned it in a very strong vessel, you shall set it either in your Garden or some other safe place abroad, where it may have the whole Summers day Sun to shine upon it, and there let it lye till it be extream fower; then, into a Hoghead of this Vinegar put the leaves of four or five hundred Damask roses, and after they have layen for the space of a month therein, house the Vinegar, and draw it as you need it.

To make dry Vinegar.

To make Vinegar which you may carry in your Pocket, you shall take the blacks of green Corn, either Wheat or Rye, and beat it in a Mortar with the strongest vinegar you can get, till it come to paste, then roul it into little Balls, and dry it in the Sun till it be very hard, then when you have occasion to use it cut a little piece thereof, and dissolve it in Wine, and it will make a strong Vinegar.

To make Verjuice.

To make Verjuice, you shall gather your Crabs as soon as the Kernels turn black, and having laid them a while in a heap to sweat together, take them and pick them from the stalks, blacks and rotnness: then in long Troughs with Beetles for the purpose, crush and break them all to mash, then make a bag of course Hair-cloth as square as the Press, and fill it with the crushed Crabs, then put it into the Press, and press it, while any moisture will drop forth, having a clean Vessel underneath to receive the liquor; this done, tun it up in sweet Hogsheds, and to every Hoghead put half a dozen handfuls of Damask rose-leaves, and then bung it up, and spend it as you shall have occasion.

A dditions to conceited secrets.

Many other pretty secrets there are belonging unto curious *House-wives*, but none more necessary than these already rehearsed except such as shall hereafter follow in their proper places.

Take of Orris six ounces, of Damask Rose-leaves as much, of Marjerom and sweet Basil of each an ounce, of Cloves two ounces, yellow Sanders two ounces, Citron peels seven drams, of *Lignum Aloes* one ounce, of Benjamin one ounce, of Storax one ounce of Musk one dram, bruise all these, and put them into a bag of Silk or Linnen, but Silk is the best.

To make sweet powder for bags.

Take of Orris four ounces, of Gallaminis one ounce, of Citis half an ounce, of Rose leaves dried two handfuls, of dried Marjerom

jerom one handfull, of Spike one handfull, Cloves one ounce, Benjamin and Rax of each two ounces, of white Sanders, and yellow of each one ounce, beat all these into a gross powder, then put to it of Musk a dram, of Civet half a dram, and of Ambergreece half a dram; then put them into a Taffety Bag, and use it. To make sweet bags

Take of Bay-leaves one handfull of red Roses two handfulls, of Damask-roses three handfulls, of Lavender four handfulls, of Basil one handfull, Marjerom two handfulls, of Camomile one handfull, of the young tops of Sweet bryer two handfulls, of Dandelion, Tansy two handfulls, of Orange peels six or seven ounces, of cloves and Mace a groats worth: put all these together in a Pottle of new Ale in corns, for the space of three dayes, shaking it every day three or four times; then distill it the fourth day in a Still with a continual soft fire, and after it is distilled, put into it a grain or two of Musk. How to make sweet water.

Take a quart of *Malmsey lees*, or a quart of *Malmsey* simple, one handfull of Marjerom, of Basil as much, of Lavender four handfulls, Bay-leaves one good handfull, Damask Rose-leaves four handfulls, and as many of Red, the Peels of six Oranges, or for want of them one handfull of the tender leaves of Wall-nut-trees, of Benjamin half an ounce, of *Calamus Aromaticus* as much, of Camphire four drams, of Cloves one ounce, of Beldamum half an ounce; then take a Pottle of running water, and put in all these spices bruised into your water and *Malmsey* together, in a close stopped pot with a good handfull of Rosemary, and let them stand for the space of six dayes: then distill it with a soft fire: then set it in the Sun sixteen dayes with four grains of Musk bruised. This quantity will make three quarts of water. *Probatum est.* A very rare and pleasant Damask-water.

Take and brew very strong Ale; then take half a dozen Gallons of the first running, and set it abroad to cool, and when it is cold put rest into it, and head it very strongly; then put it up in a firkin, and distill it in the Sun, then take four or five handfull of Beans, and parch them in a Pan till they burst: then put them in as hot as you can into the Firkin, and stop it with a little Clay about the Bung-hole; then take a handfull of clean Rye-Leaven, and put in the firkin; then take a quantity of Barberries, and bruise and strain them into the Firkin, and a good To make the best Vinegar.

good handful of Salt, and let them lye and work in the Sun from *May* till *August*; then having their full strength, take Rose leaves, and clip the white ends off, and let them dry in the Sun, then take Elder-flowers, and prick them and dry them in the Sun, and when they are dry put them in bags, and keep them all the Winter: then take a Pottle-pot, and draw forth a Pottle out of the Ferkin into the Pottle, and put a handful of the red Rose-leaves, and another of the Elder-flowers into the Pottle, and then hang it in the Sun where you may occupy the same, and when it is empty, take out all the leaves, and fill it again as you did before.

To perfume
Gloves.

Take Angelica-water, and Rose-water, and put into them the powder of Cloves, Ambergreece, Musk, and *Lignum Alves* Benjamin, and *Calamus Aromaticus*: boyl these till half be consumed: then strain it and put your Gloves therein; then hang them in the Sun to dry, and turn them often: and thus three times, wet then and dry them again: or otherwise, take Rose-water, and wet your Gloves therein, then hang them up till they be almost dry; then take half an Ounce of Benjamin, and grind it with the oyl of Almonds, and rub it on the Gloves till it be almost dried in: then take twenty Grains of Ambergreece, and twenty Grains of Musk, and grind them together with oyl of Almonds, and rub it on the Gloves, and then hang them up to dry, or let them dry in your bosome, and so after use them at your pleasure.

CHAP. IV.

The ordering, preserving, and helping of all sorts of Wines, and first of the choice of sweet Wines

I Do not assume to my self this knowledg of the Vintners Secrets, but I ingeniously confess, that one profest skilful in the Trade, having rudely written, and more rudely disclosed this Secret, and preferring it to the Stationer, it came to me to be published, which I have done, knowing that it is necessary, &c.

It is necessary, that our *English House wife* be skilful in the election, preserving, and curing of all sorts of Wines, because they be usual charges under her hands, and by the least neg-

neglect must turn the Husband to much loss therefore to speak first of the election of sweet Wines, she must be careful that the Malmseys be full Wines, pleasant, well hewed and fine: that *Bastard* be fat, and strong if it be tawny it skils not: for the tawny *Bastards* be always the sweetest. Muscadine must be great, pleasant and strong with a sweet scent, and with Amber colour Sack if it be Seres (as it should be) you shall know it by the mark of a cork burned on one side of the bung, and they be ever full gage, and so are other Sacks, and the longer they lye, the better they be.

Take a pleasant Butt of Malmsey, and draw it out a quarter and more; then fill it up with fat *Bastard* within eight gallons or thereabouts, and parel it with six Eggs, yelks and all one handfull of bay salt, and a pint of conduit water to every parel, and if the Wine be of high colour, put in three gallons of new milk, but skim off the cream first, and beat it well: or otherwise, if you have a good Butt of *Malmsey*, and a good Pipe of *Bastard*, you must take some empty Butt or Pipe, & draw thirty gallons of *Malmsey*, and as many of *Bastard*, and beat them all well together; and when you have so done, take a quarter of a pound of Ginger, and bruise it and put it into your vessel, then fill it up with *Malmsey*, and *Bastard*: Or otherwise thus, if you have a pleasant Butt of *Malmsey* which is called Ralt-mow, you may draw out of it forty Gallons; and if your *Bastard* be very faint, then thirty Gallons of it will serveto make it pleasant: then take four gallons of new milk, and beat it, and put it into it when it lacketh of twelve gallons of full, and then make your flavor.

To make Muscadine, and give it a flavor.

Take an ounce of Corianders, of bay Salt, of Cloves, of each as much, one handfull of Sayory: let all these be blended, and bruised together, and sow them close in a bagg, and take half a pint of Damask water, and lay your flavor into it, and then put it into your Butt, and if it fine, give it a parel, and then fill it up, and let it lye till it fine: or else thus, take Coriander Roots a penny-worth, one pound of Anniseeds, one penny-worth in Ginger, bruise them together, and put them into a bag as before, and make your bag long and small, that it go in and

How to flavor Muscadine.

out at the bung-hole, and when you do put it in, fasten it with a thread at the bung; then take a pint of the strongest Damask water and warme it lukewarme, then put it into the Butt, and then stop it close for two or three dayes at least; and then, if you please, you may set it a-broach.

To apparel
Muskedine
when it comes
new to be find
in twentyfour
hours.

Take seven whites of new laid Eggs, two handfuls of Bay-salt, and beat them well together, and put therein a pint of Sack or more, and beat them till they be as short as Snow; then over-draw the But seven or eight Gallons, and beat the Wine, and stirr the Lees, and then put in the parel, and beat it, and so fill it up, and stop it close, and draw it on the morrow.

To make
white bastard.

Draw out of a Pipe of *Bastard* ten Gallons, and put to it five Gallons of new milk, and skimme it as before, and all to beat it with the parcel of eight whites of Eggs, and a handfull of Bay salt, and a pint of Conduit water, and it will be white and fine in the morning. But if you will make very fine *Bastard*, take a White wine Hoggs-head, and put out the Lees, and wash it clean, and fill it half full, and half a quarter, and put it to four Gallons of new milk, and beat it well with the whites of five Eggs, and fill it up with White wine and Sack, and it will be white and fine.

How to help
Bastard being
cager.

Take two Gallons of the best *stoned Honey*, and two Gallons of White wine, and boyl them in a fair pan, skimme it clean, and strain it through a fair cloth that there be no motes in it: then put to it one ounce of *Corianders*, and one ounce of *Anniseeds*, four or five *Orange-peels* dry and beaten to powder: let them lye three dayes: then draw your *Bastard* into a clean Pipe, then put in your honey with the rest, and beat it well: then let it lye a week, and touch it not, after draw it at your pleasure.

To make ba-
stard white,
and to rid a-
way Laggs.

If your *Bastard* be fat and good, draw out forty Gallons, then you may fill it up with the Lags of many kind of white-wines or Sack; then take five Gallons of new milk, and first take away the Cream, then strain it through a clean cloth, and when your Pipe is three-quarters full, put in your milk; then beat it very well, and fill it so, that it may lack fifteen Gallons, then aparel.

aparel it thus: take the whites onely of ten Eggs, and beat them in a fair tray with *Bay salt* and *Conduit water*; then put it into the pipe and beat it well, and so fill it up, and let it stand open all night; and if you will keep it any while, you must on the morrow stop it close, and to make the same drinke like *Ossey*, give it this flavor: take a pound of *Annis-seeds*, two pence in *Corianders*, two pence in *ginger*, two pence in *Cloves*, two pence in *Grains*, two pence in long *Pepper*, and two pence in *Lycoras*; bruise all these together then make two bags of linnen cloth, long and small, and put your spices into them, and put them into the pipe at the bung, making them fast there with a thread, that it may sink into the Wine, then stop it close, and in two dayes you may broach it.

Take and draw him from his Lees, if he have any, and put a remedy for the Wine into a *Malmsey butt* to the Lees of *Malmsey*, then put bastard if it to the *Bastard* that is in the *Malmsey but*, nigh three Gallons prick. of the best wort of a fresh tap, and then fill him up with *Bastard* or *Malmseys* or *Cut* if you will; then apparel it thus: First, *Parcel him*, and beat him with a staff, and then take the whites of four new laid Eggs, and beat them with a handful of salt till it be as short as *Moss*, and then put a pint of running water therein and so fill the Pipe up full, and lay a little stone on the bung, and set it abroad within four and twenty hours, if you will.

If you have a good But of *Malmsey*, and a But or two of *Sack*, that will not be drunk: for the *Sack* prepare some empty But or Pipe, and draw it more than half full of *Sack*: then fill it up with *Malmsey*, and when your But is full within a little put into it three Gallons of *Spanish Cure*, the best that you can get; then beat it well, then take your Taster, and see that it be deep coloured; then fill it up with *Sack*, and give it apparel, and beat it well; the apparel is this: Take the yolks of ten Eggs, and beat them in a clean bason with a handful of *Bay-salt*, and a quart of *Conduit water*, and beat them together with a little piece of *Birch*, and beat it till it be as short as *Mosse*, then draw five or six gallons out of your But; then beat it again, and then fill it up, and the next day it will be ready

to be drawn : this aparel will serve both for *Muscadine*, *Bastard* and for *Sack*.

To shift Malmsey, and to rid away ill wines.

If you have two principal Buts of *Malmsey*, you may make three good Buts with your Laggs of *Claret* and *Sack*, if you put two gallons of red Wine in a Buts, it will save the more *Cut* : then put two or three gallons of *Cute*, as you see cause ; and if it be *Spanish Cut*, two gallons will go further than five gallons of *Candy Cut*, but the *Candy Cut* is more natural for the *Malmsey* : also one Butt of good *Malmsey* and a Butt of *Sack* that hath lost his colour, will make two good Buts of *Malmsey*, with the more *Cut* ; and when you have fill'd your buts within twelve gallons, then put in your *Cut*, and beat it half an hour and more: then put in your parel and let it lye.

If Sack want his colour.

First, parel him as you did the *Bastard*, and order him as shall be shewed you for the *white wine* of *Gascoign* with *milk*, and so set him abroach.

For Sack that is tawny.

If your *Sack* have a strong Lee or taste, take a good sweet But, fair washed, and draw your *Sack* into it, and make unto it a parel, as you do to the *Bastard*, and beat it very well, and so stop up your But : and if it be tawny, take three gallons of new *milk*, and strain it clean, and put it into your *Sack*, then beat it very well, and stop it close.

For Sack that doth rape and is brown.

Take a fair empty But with the Lees in it, and draw your *Sack* into the same from his Lees fine : then take a pound of *Rich flower*, as fine as you can get, and four grains of *Camphire*, and put it into the *Sack*; and if it will not fine, give it a good parel, and beat it well : then stop it, and let it lye.

To color sack or any white wine.

If any of your *Sacks* or *white Wines* have lost their colour, take three gallons of new *milk*, and take away the Creame : then over-draw your Wine five or six gallons, then put in your *milk* and beat it ; then lay it a fore-teree all night, and in the morning lay it up, and the next day (if you will) you may set it abroach.

If Allegant be grown hard.

Draw him out in fresh Lee, and take teree or four Gallons of *stone-hony* clarified, and being cool, put it in, and parel it, with the yelks of four Eggs, whites and all, and beat it, well

well, and fill it up, and stop it close, and it will be pleasant and quick as long as it is in drawing.

Take three Gallons of white Hony, and two Gallons of Red Wine, boyl them together in a fair pan, and skim it clean, and let it stand till it be fine and cold, then put it into your Pipe, yet nothing but the finest: then beat it well, and fill it up, and stop it close, and if your Alligant be pleasant and great, it will do much good, for that one Pipe will rid away divers.

For Alligant
that is four.

There are two sorts of Rhenish wines, that is to say, *Elstertune* and *Barabant*: the *Elstertune* are the best you shall know it by the Fat, for it is double bard, and double pinned; the *Barabant* is nothing so good, and there is not so much good to be done with them as with the other, If the wines be good and pleasant, a man may rid away a hoghead or two of white Wine, and this is the most vantage a man can have by them: and if it be slender and hard, then take three or four gallons of stone honey, and clarifie it clean: then put into the hony, four or five gallons of the same Wine, and then let it seeth a great while, and put into it two pence in Cloves bruised, let them seeth together, for it will take away the scent of hony, and when it is sodden take it off, and set it by, till it be thorow cold: then take four gallons of milk and order it as before, and then put all into your Wine, and all to beat it: and (if you can) role it, for that is the best way: then stop it close, and let it lye, and that will make it pleasant

How to order
Rhenish wines

The Wines that be made in *Burdeaux* are called *Gascoine* Wine and you shall know them by their hazel hoops and they must be full gage, and sound Wines.

Of what coun-
tries wines
are by their
names.

The Wines of the high Countries, and which are called high Country Wines, are made some thirty or fourty miles beyond *Burdeaux*, and they come not down so soon as the other, for if they do, they are all forfeited: and you shall know them ever by their hazell hoops, and the length gage lacks.

Then have you Wines that be called *Galloway*, both in Pipes and Hogsheds, and be long, and lack two Cesterns in gage and a half, and the wines themselves are high coloured. Then there are other Wines which are called white Wine of *Angulle*, very

very good Wine, and lacks little of gage, and that is also in pipes for the most part, and is quarter bound. Then there are *Rochell* wines, which are also in pipes long and slender: they are very small hedge wines, sharp in Taste, and of a pallid complexion. Your best Sacks are of *Seres* in *Spain*, your smaller of *Galicia* and *Portugall*, your strong Sacks are of the Islands of the *Canaries*, and of *Maligo*, and your Muscadine and Malmseys are of many parts of *Italy*, *Greece*, and some speciall Islands.

Every Terse is in depth the middle of the knot in the midst.

The depth of every Hogshead is the fourth prick above the knot.

The depth every Puncheon is the fourth pricks next to the punchener.

The depth of every Sack-but is the four pricks next to the puncheon.

The depth of the half Hogshead is at the lowest notch, and accounted one.

The depth of the half Terse is at the second notch, and is accounted two.

The depth of the half Hogshead and half Pipe, is at the third notch, and accounted three.

The depth of the halfe-But is at the fourth notch, and is accounted four.

Notes of ga-
ging of wines,
oyle and li-
quors.

1. *The first gage is marked thus.*



2. *The half Sestern lacketh thus,*



3. *The whole Sestern lacketh thus.*



4. *The Sestern and half lag.*



5. *The two Sesterns thus.*



6. *The two and half Sesterns thus.*



The contents
of all manner
of Gascoine
Wines, and o-
thers.

A But of Malmsey, if it be full gage, is one hundred and twenty six gallons.

And to the Tun is two hundred and fifty two gallons. Every Sestern is three gallons.

If you sell for twelve pence a gallon, the Tun is twelve pound, twelve shillings.

And Malmsey and Rhenish wine at ten pence the gallon, is the Tun ten pound.

Eight pence the gallon, is the Tun eight pounds.

Six pence the gallon, is the Tun six pounds.

Five pence the gallon, is the Tun five pounds.

Four pence the Gallon, is the Tun four pounds.

Now for Gascoine Wine, there goeth four Hogheads to a Tun, and every Hoghead is sixty three gallons, the two hogheads one hundred twenty six gallons; and four hogheads are two hundred fifty two gallons; and if you sell for eight pence the gallon, you shall make of the Tun eight pounds, and so forth look how many pence the gallons are, and so many pounds the Tun is.

Now for bastard, it is the same rate, but it lacketh of gage two Sesterns and a half, or three at a pipe, and then you must abate six gallons of the price, and so in all other wines.

To chuse Gas-
coine wines

See that in your choise of Gascoine wines, you observe, that your Claret wines be fair coloured, and bright as a Ruby, not deep as an Amethyst; for though it may shew strength, yet it wanteth neatness: also let it be sweet as a Rose or a Violet, and in any case let it be short, for if it be long, then in no case meddle with it.

For your white Wines, see they be sweet and pleasant at the Nose, veay short, clear and bright, and quicker in the Taste.

Lastly, for your Red Wine, provided that they be deep coloured, and pleasant, long, and sweet, and if in them or Claret wine be any default of colour, there are remedies enough to amend and repair them.

To remedy
Claret wine
that hath lost
his colour.

If your Claret wine be faint, and have lost his colour; then take a fresh Hogshed with his fresh Lees, which was vey good wine, and draw your wine into the same; then stop it

It close and right, and lay it a fore-take for two or three dayes, that the Lees may run through it : then lay it up till it be fine, and if the colour be not perfect, draw it into a Red-wine Hogf-head, that is new drawn with the Lees, and that will colour of himself, and make him strong : Or take a pound of Turnsol or two and beat it with a Gallon or two of Wine, and let it lye a day or two; then put it into your Hogfhead, draw your Wine again and wash your cloths; then lay it a fore-take all night, and roul it on the morrow, then lay it up, and it will have a perfect colour.

And if your Clarret-wine have lost his colour, take a penny-worth of Damsens, or else black Bulleses, as you see cause, and stew them with some Red-wine of the deepest colour, and make thereof a pound or more of fyrup, and put it into a clean glasse, and after into the Hogfhead of Clarret-wine : and the same you may likewise do unto Red Wine if you please.

And if your white-wine be faint, and have lost his colour, if the Wine have any strength in it, take to a hogfhead so much as you intend to put in, out of the said milk, and a handful of Rice beaten very well, and a little Salt; and lay him a fore-take all night, and on the morning lay him up again, and set it abroach in any wise the next Wine you spend for it will not last long.

A remedy for
White-wine
that hath lost
his colour.

Take three Gallons of new Milk, and take away the Cream of it; then draw five or six gallons of Wine, and put your Milk into the hogfhead, and beat it exceeding well, then fill it up, but before you fill it up, if you can roul it; and if it be long and small, take half a pound of Roch-Allum finely beaten into powder, and put it into the vessel and let it lye,

For White-
Wine that
hath lost his
colour.

Take and draw it into new Lees of their own nature, and then take a dozen of new Pippings, and pare them and take away the Cores, and then put them in; and if that will not serve, take a handful of the oak of Jerusalem, and stamp it, then put it into your Wine, and beat it exceeding well, and it will not only take away the foulness, but also make it have a good scent at the Nose.

A remedy for
Claret that
drinks foul.

If your red-Wine drink faint, then take a hogfhead that Allegant hath been in with the Lees also, and draw your Wine
S f f
into

into it, and that will refresh it well, and make the Wine well coloured, or otherwise draw it close to fresh lees, and that will recover it again, and put to it three or four gallons of Allegant, and turn it on its Lees.

If your Red Wine lack colour, then take out four gallons, and put in four gallons of Allegant, and turn him on his Lees, and the bung up, and his colour will return and be fair.

Take a good Butt of Malmsey, and over-draw it a quarter or more, and fill him up with fat Bastard, and with Cute a gallon and more, then parrell him as you did your Malmsey.

If Oley com-
pleat hath lost
his colour.

You shall in all points dress him, as you did dress your Sack, or White Wine in the like case, and parrel him, and then set him abroach. And thus much touching Wines of all sorts, and the true use and ordering of them so far forth as belongeth to the knowledge and profit of our *English House-Wife*.

CHAP. V.

Of Wooll, Hemp, Flax, and Cloth, and dying of Colours, of each severall substance, with all the knowledges belonging thereto.

Our *English House-Wife*, after her knowledge of preserving and feeding her Family, must learn also how, out of her own endeavors, she ought to cloath them outwardly and inwardly: outwardly for defence from the cold and comeliness to the person; and inwardly for cleanliness and neatness of the skin, whereby it may be kept from the filth of sweat or Vermine; the first consisting of Woollen cloth, the latter of linnen.

Of making
woollen cloth.

To speak the first of the making of Woollen cloth, it is the office of a Husbandman at the shearing of his sheep to bestow upon the House-Wife such a competent proportion of Wooll, as shall be convenient for the cloathing of his Family, which Wooll as soon as she hath received it, she shall open, and with a pair of shears (the fleece lying as it were whole before her) she shall

shall cut away all the coarse locks, pitch, brands, tard-locks, and other feltrings, and lay them by themselves for coarse Coverlids, or the like; then the rest so cleansed, she shall break in peices, and toase it every lock by lock, that is, with her hands open, and so divide the Wooll, as not in any part thereof may be feltred or close together, but all open and loose; then so much of the Wooll as she intends to spin white, she shall put by it selfe, and the rest which she intends to put into colours, she shall weigh up, and divide into several quantities, according to the proportion of the Web which she intends to make, and put every one of them into particular bags made of Netting, with Tallies, or little peices of wood fixed unto them, with privy marks thereon, both for the Weight, the Colour, and the knowledge of the same Wooll, when the first colour is altered: This done, she shall if she please send them unto the Diers, to be died after her own fancy; yet forasmuch as I would not have our *English House-Wife* ignorant in any thing meet for her knowledge, I will shew her here, before I proceed any further, how she shall dye her Wooll herself into any colour meet for her use.

First then to dye Wooll black, you shall take two pounds of Galls, and bruise them; then take half so much of the best green black. Copperas, and boyl them both together in two gallons of running water: then shall you put your Wooll therein, and boyl it; so done, take it forth and dry it.

If you will dye your Wooll of a bright hair colour, first boyl your Wooll in Allum and Water, then take it forth, and when it is cold, take Chamber-lye, and Chimney-foot, and mixing them together well boyl your Wooll again therein, and stir it exceeding well about, then take it forth, and lay it where it may conveniently dry.

If you will dye your Wooll into a perfect Red colour, set on a pan full of water; when it is hot, put in a peck of Wheat bran, and let it boyl a little, then put it into a Tub, and put twice as much cold water unto it, and let it stand until it be a week old: having done so, then shall you put to ten pounds of Wooll, a pound of Allum; then heat your Liquor again, and put in your Allum, and so soon as it is melted, put in your Wool,

and let it boyl the space of an hour : then take it again, and set on more Bran and waterr

Then take a pound of Madder, and put in your Madder when the Liquor is hot, when the Madder is broken, put in the wool and open it, and when it cometh to be very hot, then stir it with a staff, and then take it out, and wash it with fair water ; then set on the Pan again with fair water, and then take a pound of Saradine buck, and put it therein, and let it boyl the space of an Egg seething ; then put in the Wool, and stir it three or four times about, and open it well, and after dry it.

To dye Wool
blew.

To die wool blew, take good store of old Chamber-lye, and set it on the fire, then take half a pound of blew Neal, Byse or Indico, and beat it small in a Morter, and then put it into the Lye, and when it seethes put in your Wool.

To dye a puke

To die wool of a Puke colour, take Galls and beat them very small in a Mortar, put them into fair seething water, and boyl your Wool or your Cloth therein, and boyl them the space of half an hour ; then take them up and put in your Copperas into the same Liquor, then put in your Wool again ; and doing this once or twice it will be sufficient.

To dye a Cinder
colour.

And if you will die your Wool of a Cinder-colour which is a very good colour, you shall put your Red Wool into your Puke Liquor and then it will fail less to be of a Cinder-colour.

If you will die your Wool either green or yellow, then boyl your Wood-ward in a fair water, then put in your Wool or Cloth, and the Wool which you put in white, will be yellow, and that Wool which you put in blew will be green, and all this with one Liquor provided that each be first boyled in Allom.

To dye green
or yellow.

When you have thus died your wool into those several colours meet for your purpose, and have also dyed it well, then you shall take it forth, & toast it over again as you did before, for the first toasting was to make it receive the colour or Die ; this second is to receive the oyl, and make it fit for spinning ; which as soon as you have done, you shall mix your colours together : wherein you are to note, that the best Medly is that which is

com-

compounded of two colours only, as a light colour and a dark: for to have more is but confusion, and breeds no pleasure but distraction to the sight: therefore for the proportion of your mixtures, you shall ever take two parts of the darker colour, and but a third part of the light. As for example, your Web contains twelve pound, and the colours are red and green: you shall then take eight pound of the green Wool, and but four pound of the red; and so of any other colours where there is difference in brightness.

Mixing of
three colours.

But if it be so that you would needs have your cloth of three Colours, as of two dark and one light, or two light and one dark, As thus, you will have Crimson, Yellow, and Puke: you shall take of the Crimson and Yellow, of each two pounds, and of the Puke eight pounds; for this is two light colours to one dark: but if you will take a Puke, a Green, and an Orange Tawny, which is two dark, and one light; then you shall take of the Puke and Green, and the Orange Tawny of each a like quantity, that is to say, of either four pounds. when you have equally divided your portions, then you shall spread upon the ground a Sheet, and upon the same first lay a thin Layer or bed of your darker colour, all of one even thickness; then upon the same Layer lay another much thinner of the brighter quantity, being so near as you guess it hardly half so much as the darker; then cover it over with another Layer of the sad colour or colours again; then upon it another of the bright again; and thus Layer upon Layer till all your Wool be spread; then beginning at one end to roul up round and hard together the whole Bed of Wool, and then causing one to kneel hard upon the Roul, that it may not stir nor open, with your hands toase and pull out all the Wool in small pieces: And then taking a pair of Stock-cards sharp and large, and bound fast to a Form, or such like thing; and on the same comb and card all over the wool, till you see it perfectly and undistinctly mixed together, and that indeed it is become one entire colour of divers, without spots, or undivided locks or knots, in which doing you shall be very careful and heedful with your eye, and if you find any hard Knot or other felter in the wool,

The mixing of
colours

which

which will not open, though it be never so small, yet you shall pick it out, and open it, or else being any other fault, cast it away; for it is the greatest art in House-wifery to mix these Wools aright, and to make the Cloth without blemish.

Of the oyling
of Wool.

Your Wool being thus mixed perfectly together, you shall then oyl it, or as the plain House-wife termes it, grease it, in this manner; being laid in a round flat bed, you shall take of the best Rape Oyl, or for want thereof, either well clarified Goose-grease, or Swines-grease, and having melted it, with your hand sprinkle it all over your Wool, and work it very well into the same, then turn your Wool about, and do as much on the other side, till you have oyled all the Wool over, and that there is not a lock which is not moistened with the same.

The quantity
of Oyl.

Now forasmuch as if you shall put too much oyl upon the Wool you may thereby do great hurt to the Web, and make that the thred will not draw, but fall into many peices, you shall therefore be sure at the first to give it little enough; and taking some thereof, prove it upon the Wheel: And if you see it draw dry and breaketh, then you may put more Oyl unto it; but if it draw well, then to keep it there without any alteration. But because you shall be a little more certain in the truth of your proportions, you shall know that three pounds of Grease or Oyl will sufficiently ancynt or grease ten pounds of Wool; and so according to that proportion, you may oyl what quantity you will.

Of tumming-
Wool.

After your Wool is oyl'd and anointed thus, you shall then tum it; which is, you shall put it forth as you did before when you mixted it, and card it over again upon your stock cards: and then those Cardings which you strike off are called tummings, which you shall lay by, till it come to a spinning. There be some House-Wives which oyl as the mix it, and sprinkle every layr as they lay it, and pore the Oyl into it, and then roulung it up as before said, pull it out and tum it, so that then it goeth but once over the Stock-Cards, which is not amiss; yet the other is more certain, though somewhat painful.

After

After your Wool is thus mixed, oyld and tummed, you shall then spin it upon great wool-wheels, according to the order of good *House-wifery*: the actions whereof must be gotten by practice, and not relation; onely this, you shall be careful to draw your thred according to the nature and goodnes of your Wool, not according to your particular desire; for if you draw a fine thred from a Wool which is of a course staple, it will want substance when it comes to the Walk-Mill, or either there beat in peices, or not being able to bed, and cover the threds well, be a cloath of a very short lasting. So likewise if you draw a course thred from a Wool of a fine staple, it will then so much overthick, that you must either take away a great part of the substance of your Wool in flocks; or else let the cloath wear course and high to the disgrace of good *House-wifery*, and loss of much cloth, which might have been saved.

Now for the diversities of spinning, although our ordinary *English House-wife* make none at all, but spin every thred alike, yet the better experienc'd make two manner of spinnings, and two sorts of thred; the one they call Warp the other West, or else Woofe; Warp is spoon close, round and hard twisted, being strong and well smoothed, because it runs through the sleies, and also endureth the fretting and beating of the Beam; The West is spoon open, loose hollow and but half twisted; neither smoothed with the hand, nor made of any great strength, because it only crosseth the Warp, without any violent straining, and by reason of the softness thereof beddeth closer, and covereth the Warp so well, that a very little beating in the Mill bringeth it to a perfect cloth: and though some hold it less substantial than the Web, which is all of twisted yarn, yet experience finds they are deceived, and that this open West keeps the cloth longer from fretting and wearing.

After the spinning of your Wool, some *House-wives* use to wind it from the broch into round clews for more ease in the Warping, but it is a labour may very well be saved, and you may as well Warp it from the broch as from the clew, as long as you know the certain weight, for by that only you are to be directed in all manner of Cloth walking.

Now

Of Warping
Cloth.

Now as touching the warping of Cloth, which is both the skill and action of the weaver, yet must not our English House-wife be ignorant therein, but though the doing of the thing be not proper unto her, yet what is done must not be beyond her knowledge, both to bridle the falshood of unconscionable workmen, and for her own satisfaction, when she is rid of the doubt of anothers evil doing. It is necessary then that she first cast, by the weight of her wool, to know to how many yards of Cloth the Web will arise: for if the Wool be of a reasonable good staple and well spun, it will run yard and pound; but if it be coarse, it will not run so much.

Now in your Warping also you must look how many pounds you lay in your Warp, and so many you must necessarily preserve for your weft: for House-wives say, that best Cloth is made of even and even; for to drive it to greater advantage is hurtful to the Cloth. There be other observations in the warping of Cloth; as to number your Portusses, and how many goes to a yard: to look to the closeness and filling of the Sley, and such like, which sometimes hold, and sometimes fail, according to the Art of the Workman; and therefore I will not stand much upon them, but refer the House-wife to the instruction of her own experience.

Of weaving
of Cloth,
walking and
dressing it.

Now after your Cloth is thus warped, and delivered up into the hands of the Weaver, the House-wife hath finisht her labour; for in the weaving, walking, and dressing thereof, she can challenge no property more then to intreat them severally to discharge their duties with a good conscience; that is to say, that the Weaver weave close, strong, and true, that the Walker or Fuller Mill it carefully, and look well to his scouring Earth, for fear of beating holes in the Cloth; and that the Cloth-worker or Sheer-man burle and dress it sufficiently, neither cutting the Wool too unreasonable high, whereby the Cloth may not wear rough, nor too low least it appear thread-bare ere it come out of the hands of the Taylor.

Of Linnen
Cloth.

These things fore-warn'd and performed, the Cloth is then to be used at your pleasure.

The next thing to this, which our English House-wife must
be

be skilful in, is the making of all sorts of Linnen Cloth, whether if it be of Hemp or Flax; for from those two only is the most principal Cloth derived and made, both in this and other Nations.

And first touching the Soil fittest to sow Hemp upon, it must be a rich mingled Earth of Clay and Sand, or Clay and Gravel well tempered; and of these the best serveth best for that purpose: for the simple Clay, or the simple Sand are nothing so good; for first is too tough, too rich, and too heavy, bringing forth all Bun, and no Rind; the other is too barren, too hot, and too light, and bringeth forth such slender withered increase, that it is nothing near worth the labour. Briefly then, the best Earth is the mixt ground, which the Husbandman calls the Red hazle ground, being well ordered and manur'd; and of this Earth, a principal place to sow Hemp on, is in old Stack-yards, or other places kept in the Winter-time for the lair of Sheep or Cattel, when your ground is either scarce, or formerly not employed to that purpose; but if it be where the ground is plenty, and only used thereunto, as in *Holland* in *Lincoln-shire*, the Isle of *Axolm*, and such like places, then the custom of the Country will make you expert enough therein. There be some that will preserve the ends of their Corn-Lands, which butt upon grass, to sow Hemp or Flax thereon, and for that purpose will manure it well with sheep; for whereas Corn which butteth upon Grass Hads where Cattel are tearthered, is commonly destroyed, and no profit issuing from a good part thereof; by this means that which is sown, will be more safe and plentiful, and that which was destroyed, will bear a commodity of better value.

The ground
best to sow
Hemp on.

Now for the Tillage or ordering of the Ground where you sow Hemp or Flax, it would in all points be like that where you sow Barley, or at the least as often broke up, as you do when you sow Fallow Wheat, which is thrice at least, except it be some very mellow and ripe mould, as Stack-yards, and usual Hemp-Lands be, and then twice breaking up is sufficient; that is to say, about the later end of *February*, and the later end of *April*, at which time you shall sow it; and

The Tillage of
the ground.

herein is to be noted, That you must sow it reasonable thick with good, sound, and perfect seed, of which the smoothest, roundest, and brightest, with least dust in it, is best: you must not lay it too deep in the Earth; but you must cover it close, light, and with so fine a mould as you can possibly break with your harrows, clotting beetles, or sleighting: then till you see it appear above the Earth, you must have it exceedingly carefully tended, especially an hour or two before the Sun rise, and as much before it sets; for birds and other vermine will other wise pick the seed out of the Earth, and so deceive you of your profit.

Of weeding of
Hemp and
Flax.

Now for the weeding of Hemp, you may save the labour, because it is naturally of it self swift of growth, rough, and venomous, to any thing that grows under it, and will sooner of its own accord destroy those unwholsom weeds, then by your labour. But for your Flax or Lipe, which is a great deal more tender, and of harder increase, you shall as occasion serveth weed it, and trim it, especially if the weeds overgrow it, but not otherwise: for if it once get above the Weeds, it will save it self.

The pulling of
of Hemp or
Flax.

Touching the pulling of Hemp or Flax, which is the manner of gathering of the same; you shall understand that it must be pulled up by the roots, and not cut as Corn is, either with sithe or hook, and the best time for the pulling of the same is when you see the leaves fall downward, or turn yellow at the tops, for that is full ripe; and this for the most part will be in *July*, and about *Mary Mandlins* day. I speake now touching the pulling of Hemp for Cloth: but if you intend to save any for seed, then you shall save the principal Buns; and let them stand till it be the later end of *August*, or sometime till mid *September* following; and then seeing the seed turned brown, and hard, you may gather it, for if it stand longer, it will shed sufficiently: As for Flax, which ripeneth a little after the Hemp, you shall pull it as soon as you see the seed turn brown, and bend the head to the Earth-ward, for it will after ward ripen of it self as the Bun dryeth.

Now for the ripening or seasoning of Hemp or Flax, you shall

shall so soon as you have pulled it, lay it all along flat, and thin upon the ground, for a day and a night at the most, and no more; and then, as the House-wives call it, tie it up in Baits, and rear them upright till you can conveniently carry it to the water, which would be done as speedily as may be. Now there be some which do ripen their Hemp and Flax upon the ground where it grew, by letting it lye thereon to receive dews and rain, and the moistness of the earth, till it be ripe: but this is a vile and naughty way of ripening, it maketh the Hemp or Flax black, rough, and often rotten: therefore I would wish none to use it but such as necessity compelleth thereunto, and then to be careful to the often turning thereof, for it is the ground only which rots it.

Now for the watering of the Hemp or Flax, the best water is the running stream, and the worst the standing pit, yet because Hemp is a poysonous thing, and infecteth the water, and destroyeth all kind of fish: it is more fit to imploy such pits and deches as are lest subject to annoyance, except you live near some great, broad, and swift streams, and then in the shallow parts thereof you may water without danger. Touching the manner of the watering thereof, you shall according to the quantity knock four or six strong Stakes into the bottom of the water, and set them square-wise, then lay your round baits or bundles of Hemp down under the water, the thick end of your bundle one way, and the thick end of another bundle another way; and so lay bait upon bait, till you have laid in all, and that the water covereth them all over; then you shall take over-lyers of Wood, and binding them over-thwart to the stakes, keep the Hemp down close, and especially at the four corners; then take great stones, gravel, and other heavy rubbish, and lay it between, and over the over-lyers, and so cover the Hemp close, that it may by no means stir, and so let it continue in the water four dayes and nights, if it be in a running water: but if it be in a standing water, then longer, and then take out one of the uppermost baits, and wash it; and if in the washing you see the leaf come off, then you may be assured the Hemp is watered enough. As for Flax less time will serve it, and it will shed the leaf in three nights.

The watering
of Hemp or
Flax.

Of washing
out of Hemp
or Flax

When your Hemp or Flax is thus watered enough, you shall take off the gravel, stones, over-lyers of Wood, and unloosing it from the Stakes, take and wash out every bait and bundle severally by it self, and rub it exceeding clean, leaving not a leaf upon it, nor any filth within it; then let it upon the dry earth upright, that the water may drop from it; which done, load it up, and carry it home; and in some open close, or piece of ground rear it upright, either against hedges, pales, walls, back-sides of houses, or such like, where it may have the full strength or reflection of the Sun, and being thoroughly dried then house it; yet there be some House-wives, which as soon as their Hemp comes from the water. will not rear it upright, but lay it upon the ground flat and thin for the space of a Sennight, turning it at the end of every two dayes, first on the one side, then on the other, and then after rear it upright, dry it, and so house it: and this Housewifery is good and orderly.

Now although I have hitherto joyned Hemp and Flax together, yet you shall understand that there are some particular differences betwene them; for whereas your Hemp may within a night or two after the pulling, be carried to the water, your Flax may not, but must be reared up, and dried and withered a week or more to ripen the seed; which done, you must take Ripple-combs, and ripple your flax over, which is the beating or breaking off from the stalks the round bells or bobs which contain the seed, which you must preserve in some dry vessel or place till the Spring of the year, and then beat it, or thresh it for your use, and when your flax or line is ripled, then you must send it to the water as aforesaid.

After your Hemp or Flax hath been watered, dried, and housed, you may then at your pleasure break it, which is in a Brake of wood (whose proportion is so ordinary, that every one almost knows them) then brake and beat out the dry bun or hexe of the Hemp or Flax from the rind which covers it, and when you Brake either, you shall do it as neer as you can on a fair, dry, Sun-shine day, observing to set forth your Hemp and Flax, and spread it thin before the Sun, that it may be as dry as tinder before it comes to the Brake; for if either in the lying close together,

ther, it shall give again or sweat, or through the moistness of the Air or place where it lies, receives any dampishness; you must necessarily receive it dried sufficiently again, or else it will never brake well, nor the Bun break and fall from the rind in order as it should.

Therefore, if the weather be not seasonable, and you need much to use your Hemp or Flax, you shall then spread it upon your Kiln, and making a soft fire under it, dry it upon the same, and then brake it: yet for as much as this is oft-times dangerous, and much hurt hath been received thereby through casualty of fire, I would wish you to stick four Stakes in the Earth at least five foot above ground, and laying over them small over-layers of Wood, and open fleaks or hurdles upon the same; spread your Hemp, and also rear some round about it all, but at one open side then with straw, small shavings, or other light dry wood make a soft fire under the same, and so dry it, and brake it, and this without all danger or mistrust of evil; and as you brake it, you shall open and look into it, ever beginning to break the root ends first; and when you see the Bun is sufficiently crushed, fallen away, or at the most hangeth but in very small shivers within the Hemp or Flax, then you shall say, it is brakt enough; and then terming that which you called a Bait or Bundle before, now a Strike, you shall lay them together, and so house them, keeping in your memory either by score or writing, how many strikes of Hemp, and how many strikes of Flax you brake up every day.

The drying of
Hemp or Flax.

Now that your Hemp or Flax may brake so much the better, you must have for each several sort two several Brakes, which is an open and wide toothed or nickt Brake, and a close and straight toothed Brake: the first being to crush the Bun, and the latter to beat it forth. Now for Flax, you must take first that which is the straighter for the Hemp, and then after one of purpose, much straighter and sharper; for the Bun of it being more small, tough, and thin, much necessarily be broken into much less pieces.

Diversity of
Brakes.

Ater your Hemp and Flax is brakt you shall then swingle it, which is upon a Swingle-tree-block, made of an half Inch-board

board

boord about four foot above ground, and set upon a strong foot or stock, that will not easily move and stir, as you may see in any House-wives house whatsoever, better than my words can express: and with a piece of wood, called the Swingle-tree dagger, made in the shape and proportion of an old dagger, with a reasonable blunt edge, you shall beat out all the loose buns and shivers that hang in the Hemp or Flax, opening and turning it from one end to the other, till you have no bun or shiver to be perceived therein, and then striking a twist and fould in the midst, which is ever the thickest part of the strike, lay them by till you have swingled all, the general profit whereof, is not onely the beating out of the hard Bun, but also an opening and softening of the Tear, whereby it is prepared and made ready for the Market.

Nor after you have swingled your Hemp and Flax over once, you shall take and shave up the refuse stuff which you beat from the same severally, and not only it, but the tops and knots, and half brackt bun, which fall from the Brake also; and drying them again, cause them to be very well threshed with flays, and then mixing them with the refuse which fell from the Swingle-tree, dress them all well with threshing and shaking, till the Buns be clean driven out of them; and then lay them in some safe dry place till occasion of use; these are called Swingle-tree, Hurds and that which comes from the Hemp will make window-cloth, and such like course stuff; and that which comes from the Flax, being a little towed again in a pair of Wool-Cards, will make a course Harping.

But to proceed forward in the making of Cloth, after your Hemp or Flax hath been swingled once over, which is sufficient for the Market, and for ordinary sale; you shall then for Cloth swingle it over the second time, and as the first did bear away the bun, and soften the rind, so this shall break and divide, & prepare it for the Heckle; and Hurds which are this second time beaten off, you shall also save: for that of the Hemp (being towed in Wool-Cards) will make a good Hempen-Harding, and that which cometh from the Flax (used in that manner) a Flax-Harding, better then the former.

After the second swingling of your Hemp, and that the Hurds there-

Of beating
Hemp.

thereof have been laid by, you shall take the strikes, and dividing them into dozens, and half dozens, make them up into great thick roles, and then as it were broaching them, or spitting them upon long sticks, set them in the corner of some Chimney, where they may receive the heat of the fire, and there let them abide, till they be dried exceedingly; then take them, and laying them in a round Trough made for that purpose, so many as may conveniently lye therein, and there with Beetles beat them exceedingly, till they handle both without and within as soft and pliant as may be, without any hardness or roughness to be felt or perceived; then take them from the Trough, and open the Rouler, and divide the strikes severally as at the first, and if any be insufficiently beaten, role them up, and beat them over as before.

When your Hemp hath been twice swingled, dried and beaten, you shall then bring it to the Heckle, which Instrument needeth no demonstration, because it is hardly unknown to any woman whatsoever: and the first Heckle shall be coarse, open, and wide-toothed, because it is the first breaker or divider of the same, and the layer of the Strikes even and straight: and the hurds which come of this heckling, you shall mixe with those of the later swingling, and it will make the Cloth much better: then you shall heckle it the second time through a good straight Heckle, made purposely for Hemp, and be sure to break it very well, and sufficiently thereupon, and save both the Hurds by themselves, and the Strikes by themselves in several places.

Of Heckling
Hemp.

Now there be some very principal good House-wives, which use only but to heckle their Hemp once over, affirming, that if it be sufficiently dried and beaten, that once going over through a straight Heckle, will serve without more loss of labour, having been twice swingled before,

Now if you intend to have an excellent piece of hempen cloth which shall equal a piece of very pure Linnen; then after you have beaten it as before said, and heckled it once over, you shall then roul it up again, dry it as before, and beat it again as much as at the first; then heckle it through a fine flaxen Heckle, and the Towe which falls from the Heckle, will make a principal hemping, but the Teare it self a cloth as pure as fine *House wives* Linnen, the indurance and lasting whereof is rare and wonderful,

ful: thus you see the uttermost Art in dressing of Hemp, for each severall purpose in Cloth-making, till it come to the spinning.

The dressing of
Flax to the finest
use

Flax, after it hath been twice swingled, needeth neither more drying nor beating than Hemp doth, but may be brought to the heckle in the same manner as you did Hemp; only the heckle must be much finer and straighter; and as you did before, the first heckle being much courser than the latter, holding the Strike stiff in your hand, break it every well upon that heckle: then the hurds, which comes thereof you shall save to make fine hurden Cloth of, and the Strike it self you shall pass thorough a finer heckle; and the hurds which come from thence you shall save to make fine midling Cloth of, and the Tear it self for the best Linnen.

To dress Flax for the finest use that may be, as to make fair Holland Cloth of great price, or Thred for the most curious purpose, a secret hitherto almost concealed from the best *Housewives* with us; you shall take your flax after it hath been handled, as is before shewed, and laying three strifes together, plat them in a plat of three so hard and close together as is possible, joyning one to the end of another, till you have platted so much as you think convenient, and then beging another plat, and thus plat as many several plats as you think will make a Roul, like unto one of your hemp-rouls before spoke of, and then wreathing them hard together, make up the roul; and so many rouls more or less, according the purpose you dress them for: this done, put the rouls into a Hemp-trough, and beat them soundly, rather more than less than the hemp; and then open and unplat it, and divide every strike from the other very carefully; then heckle it through a finer heckle than any formerly used: for of heckles there be ever three sorts, and this must be the finest. And in this heckling you must be exceeding careful to do it gently, lightly, and with good deliberation, lest what you heckle from it should run to knots, or other hardness, as it is apt to do: but being done artificially as it ought, you shall see it look, and feel it handle like fine soft Cotton, or Jersey Wool; and this which thus looketh and feeleth, and falleth from the Heckle, will notwithstanding make a pure Linnen, and run at least

least two yards and a half in the Pound; but the Teare it self will make a perfect, strong, and most fine Holland, running at least five yards in the pound.

After your Teare is thus drest, you shall spin it either upon a Wheel or Rock, but the Wheel is the swifter way, and the Rock maketh the finer Thread; you shall draw your Thread according to the nature of the Teare, and as long as it is even, it cannot be too small; but if it be uneven, it will never make a durable Cloth. Now for as much as every House-wife is not able to spin her own Teare in her own house, you shall make choice of the best Spinners you can hear, and to them put forth your Teare to spin, weighing it before it go, and weighing it after it is spun and dry, allowing weight for weight, or an Ounce and an half for waste at the most. As for the Prices for Spinning, they are according to the nature of the Countrey, the fineness of the Teare, and the dearness of Provisions; some spinning by the Pound, some by the Lay, and some by the Day, as the Bargain shall be made.

After our Yarn is spun upon Spindles, Spools, or such like, ^{Of reeling of} you shall then reel it upon Reels, of which the Reels which are Yarn, hardly two foot in length, and have but only two contrary cross Bars, are the best and most easie, and less to be troubled with ravelling, and in the weaving of your fine Yarn, to keep it the better from ravelling, you shall as you reel it, with a Ley-band of a big twist, divide the Slipping or Skean into divers Leyes allowing to every Lev eighty Threads, and twenty Leyes to every slipping, the Yarn being very fine, otherwise less of both kinds. But if they spin for you by the Lye, as at a pound of Lye, and so, then the ancient custome hath been to allow to the Reel which was eight yards, at above 160 threads to every Ley, and 25 Leyes, and sometimes 30 Leyes to a Slipping, which will ordinarily amount to a Pound, or thereabouts; and so by that you may proportion forth the price for any manner of spinning whatsoever; for if the best thus, then the second so much abated, and so accordingly the worst.

After thus your Yarn is spun and reel'd, being in the Slippings you shall scour it: Therefore, first to fetch out the Spots, ^{Of the scouring of Yarn.} you shall lay it in luke-warm water, and let it lie so three or
 u u u four

four dayes, each day shifting it once, and wringing it out, and laying it in another water of the same nature; then carry it to a Well or a Brook, and there rinse it, till you see that nothing cometh from it but pure clean water; for whilst there is any filth within it, there will never be white Cloth: which done, take a Bucking-Tub, and cover the bottom thereof with very fine Ashen-ashes: then opening you Slippings and spreading them, lay them on those Ashes, then cover those Slippings with Ashes again, then lay in more Slippings, and cover them with Ashes as before, and thus lay one upon another, till all your Yarn be laid in; then cover the uppermost Yarn with a Bucking-cloth, and lay therein a Peck or two (according to the bigness of the Tub) of Ashes more, then pour into all through the uppermost Cloth so much warm water, till the Tub can receive no more; and so let it stand all night. The next morning you shall set a Kettle of clean water on the fire, and when it is warm, you shall pull out the Spigget of the Bucking-Tub, and let the water therein run into another clean Vessel; and as the Bucking-Tub wasteth, so you shall fill it up again with the warm water on the fire, and as the water on the fire wasteth, so you shall fill it up again with the Lye which cometh from the Bucking-Tub, ever observing to make the Lye hotter and hotter till it seeth; and then when it so seetheth, you shall as before apply it with the boyling Lye, at least four hours together, which is called, the Driving of a Buck of Yarn. All which being done, you shall take off the Bucking cloth, and then putting the Yarn with the Lye-ashes into large Tubs or Bowls, with your hands as hot as you can suffer it to pass, and labour the Yarn, Ashes, and Lye, a pretty while together; then carry it to a Well, River, or other clean scouring water, and there rinse it as clean as may be from the Ashes; then take it, and hang it upon Poles abroad in the Air all day, and at night take the Slippings down, and lay them in water all night, then the next day hang them up again, and if any part of them dry, then cast water upon them, observing ever to turn that side outmost which whitteth lowest, and thus do at least seven dayes together. Then put all the Yarn again into a Bucking-tub without Ashes, and cover it

Whiting of
Yarn.

it as before with a Bucking-cloth, and lay thereupon good store of fresh Ashes, and drive that buck as you did before, with very strong seething Lies, the space of half a day or more; then take it forth, posse it, rinse it, and hang it up as you did before on the dayes, and laying it in water on the nights another week, and then wash it over in fair water, and so dry it up.

Other wayes there are of scouring and whitening of Yarn; as steeping it in Bran and warm water, and then boyling it with *Oser* sticks, Wheat-straw, Water, and Ashes, and then posling, rinsing, and bleaching it upon hedges, or bushes; but it is a foul and uncertain way, and I would not wish any good *Houswife*, to use it.

After your Yarn is scoured and whited, you shall then wind it up into round Balls of a reasonable bigness, rather without bottams than with any at all, because it may deceive you in the weight; for according to the pounds will arise your Yards and Lengths of Cloth.

After your Yarn is wound and weighed, you shall carry it to the Weavers, and warp it as was before shewed for Woollen Cloth, knowing this, that if your Weaver be honest and skilful he will make you good and perfect Cloth of even and even, that is just the same weight in Weft, that there was in Warp. As for the action of Weaving it self, it is the Work-man's Occupation, and therefore to him I refer it.

After your Cloth is woven, and the Web or Webs come home, you shall first lay it to steep in all points as you did your Yarn, ^{The scouring} to fetch out soyling and other filth, which is gathered from ^{and whitening of} Cloth. the Weaver; then rinse it also as you did your Yarn, then Buck it also in Lye and Ashes, as before said, and rinse it, and then having Loops fixt to the Selvedge of the Cloth, spread it upon the Grasse, and stake it down at the uttermost length and breadth, and as fast as it dries, water it again, but take heed you wet it not too much, for fear you mildew or rot it; neither cast water upon it, till you see it in a manner dry, and be sure weekly to turn it first on one side, and then on the other, and at the end of the first week, you shall Buck it as before in Lye and Ashes again, then rinse it, spread it, and water it as before; then if you see it whites apace, you need not give it any more Bucks with

the Althes and the Cloth mixt together, but then a couple of clean Backs, (as was before shewed in the Yarn) the next fortnight following; and then being whitened enough, dry up the Cloth, and use it as occasion shall require; the best season for the same whitening, being *April* and *May*. Now the course and worst House-wives, scour and white their Cloth with Water and Bran, and buck it with Lie and green Hemlocks: but, as before I said, it is not good, neither would I have it put in practice. And thus much for Wool, Hemp, Flax, and Cloth of each several substance.

CHAP. VI.

Of Dairies, Butter, Cheese, and the necessary things belonging to that Office.

Here followeth now in this place after these Knowledges already rehearsed, the ordering and Government of Dairies, with the profits and commodities belonging to the same. And first touching the stock wherewith to furnish Dairies, it is to be understood, that they must be kine of the best choice and breed that our *English House-wife*, can possibly attain unto, as of big bone, fair shape, right bred, and deep of Milk, gentle, and kindly.

Bigness of
Kine.

Touching the bigness of Bone, the larger that every Cow is the better she is: for when either age or mischance shall disable her for the Pail, being of large bone she may be fed, and made fit for the Shambles, and so no los but profit; and another to the Pail, as good and sufficient as her self.

For her Shape, it must a little differ from the Butchers rules; for being chose for the Dairy, she must have all the Signs of plenty of Milk; as a crumpled Horn, thin Neck, a hairy dew-tap, and a very large Udder, with four Teats, long thick, and sharp at the ends; for the most part either all white, of what colour soever the Cow be, at least the fore-part thereof; and if it be well hair'd before and behind, and smooth in the bottom, it is a good sign.

The breed of
Kine.

As touching the right Breed of Kine through our Nation,

it generally affordeth very good ones, yet some Countries do far exceed other Countries, as *Coeshire*, *Lancashire*, *Yorkshire*, and *Derbyshire* for black Kine; *Gloucestershire*, *Somersetshire* and some part of *Wiltshire*, for red Kine; and *Lincolnshire* for pide Kine: and from the breeds of these Countries generally do proceed the breed of all other, howsoever dispersed over the whole Kingdom. Now for one Housewifes directions, she shall chuse her Dairy from any of the best breeds before named, according as her opinion and delight shall govern her, only observing not to mix her breeds of divers kinds, but to have all of one entire choice without variation, because it is unprofitable; neither must you by any means have your Bull a foreiner from your Kine, but either of one Countrey, or of one shape and colour. Again in the choice of your Kine, you must look diligently to the goodness and fertility of the soyl wherein you live; and by all means buy no Kine from a place that is more fruitful than your own, but rather harder; for the later will prosper and comes on, the other well decay and fall into diseases, as the pissing of blood, and such like: for which disease, and all other, you may find assured cures in the former Book called *Cheap and good*.

For the depth of milk in Kine (which is the giving of most Milk) being the main of a House wifes profit, she shall be very careful to have that quality in her Beasts. Now those Kine are said to be deepest of Milk which are new hare, that is, which have but lately calved, and have their Milk deep springing in their Udders; for at time she giveth the most Milk; and if the quantity then be not convenient, doubtless the Cow cannot be said to be of deep Milk. And for the quantity of Milk, for a Cow two give two Gallons at a meal, is rare and extraordinary; to give a Gallon and half, is much and convenient, and to give but a Gallon certain, is not to be found fault with. Again, those Kine are said to be deep of milk, which though they give not so exceeding much Milk as others, yet they give a reasonable quantity, and give it long, as all the year through, whereas other Kine that give more in quantity, well go dry, being with Calf some three moneths, some two, and some one, but these will give their usual

Depth of mil.
in Kine

Of the going
dry of Kine.

usual measure, even the night before they Calve; and therefore are said to be Kine deep of milk. now for the retained opinion, That the Cow which goeth not dry at all, or very little, bringeth not forth so good a Calf as the other because it wanteth much of the nourishment it should enjoy, it is vain and frivolous; for, should the substance, from whence the milk proceedeth, convert to the other intended nourishment, it would be so superabundant, that it would convert either to disease or putrefaction; but letting these secret reasons pass, there be some Kine which are so exceeding full of milk, that they must be milkt at least thrice a day, at morning, Noon, and Evening, or else they will shed their Milk; but it is a fault rather than a vertue, and proceedeth more from a laxativeness or looseness of Milk, than from any abundance; for I never saw those three meals yet, equal the two meals of a good Cow, and therefore they are not truly called deep of Milk.

Touching the gentleness of Kine, it is a vertue as fit to be expected as any other; for if she be not affable to the Maid, gentle, and willing to come to the Pail, and patient to have her duggs drawn without skittishness, or striking, or wildness, she is utterly unfit for the Dairy.

Of kindliness
in Kine.

As a Cow must be gentle to her Milker, so she must be kind in her own nature; that is, apt to conceive and bring forth, fruitful to nourish, and loving to that which springs from her; for so she bringeth forth a double profit, the one for the time present, which is in the Dairy, the other for the time to come, which is in the maintenance of the stock, and upholding of Breed.

The best time
to calve in for
the Dairy or
Breed.

The best time for a Cow to Calve in for the Dairy, is in the latter end of *March*, and all *April*, for then Grass beginneth to spring to its perfect goodness, which will occasion the greatest increase of Milk that may be, and one good early Cow will countervail two later; yet the Calves thus calved are not to be reared, but suffered to feed upon their Dams best Milk, and then to be sold to the Butchers, and surely the profit will equal the Charge; but those Calves which fall in *October*, *November*, or any time of the depth of Winter, may well be reared

reared up for breed, because the main profit of the Dairy is then spent, and such breed will hold up any Calves which are calved in the prime dayes, for they generally are subject to the disease of the Sturdy, which is dangerous and mortal.

The Housewife which only hath respect to her Dairy, and for whose knowledge this discourse is written (for we have shewed the Grasier his Office in the English Husbandman) must rear her Calves upon the finger with flotten milk, and not suffer them to run with their Dams: the general manner whereof, and the cure of all the diseases incident to them, and all other Cattel, is fully declared in the Book called *Cheap and Good*.

Rearing of
Calves.

To proceed then to the general use of Dairies, it consisteth first in the Cattel (of which we have spoken sufficiently) then in the hours of milking, the ordering of the Milk, and the profits arising from the same. The best and most commended hours for milking, are indeed but two in the day; that in the Spring and Summer-time, which is the best season for the Dairy, is betwixt five and six in the morning, and six and seven a clock in the Evening. And although nice and curious House-

The general
use of Dairies.

The hours of
milking.

wives will have a third hour betwixt them, as between twelve and one in the afternoon, yet the better experienc'd do not allow it, and say as I belive; That two good meals of Milk are ever better than three bad ones; also in the milking of a Cow, the woman must sit on the neer side of the Cow, she must gently at the first handel and stretch her Duggs, and moisten them with Milk, that they may yeild out the Milk the better, and with less pain; she shall not settle her self to milk, nor fix her Pail firm to the Ground, till she see the Cow stand sure and firm, but be ready upon any motion of the Cow to save her Pail from overturning. When she seeth all things answerable to hey desire, she shall then milk the Cow boldly, and not leaving stretching and straining of her Teats, till not one drop of Milk more will come from them; for the worst point of Housewifery that can be, is to leave a Cow half milkt; for besides the loss of the Milk, it is the only way to make a Cow dry, and utterly unprofitable for the Dairy. The Milkmaid, whilst she is in milking, shall do nothing rashly or suddenly

denly about the Cow which may affright or amaze her ; but as she came gently, so with all gentleness she shall depart.

Ordering of Milk.

Touching the well-ordering of Milk after it is come home to the Dairy, the main point belonging thereunto is the Housewives cleanliness in the sweet and neat keeping of the Dairy-house, where not the least mote of any filth may by any means appear, but all things either to the eye or nose so void of fownness or stuttishness, that a Princes Bed-chamber must not exceed it. To this must be added the sweet and delicate keeping of her Milk-vessels, whether they be of wood, earth, or lead, the best as yet is disputable with the best Housewives ; only this opinion is generally received, That the wooden vessel which is round shallow, is best in cold vaults, the yielding of much Cream : but keeping, and the leaden vessel for yielding of much Cream : but howsoever, any and all these must be carefully scalded once a day and set in the open Air to sweeten, lest getting any taint of fownness into them, they corrupt the Milk that shall be put therein.

Ordering of Milk vessels.

Syling of Milk.

But to proceed to my purpose, after your milk is come home, you shall as it were strain it from all unclean things through a neat and sweet kept Syle-dish, the form whereof every Housewife knows ; and the bottom of this Syle through which the Milk must pass, must be covered with a very clean-washt fine linnen Cloth, such an one as will not suffer the least mote or hair to go through it. You shall into every vessel soyl put a pretty quantity of milk, according to the proportion of the vessel, the broader it is, and the shallower it is, the better it is, and yeildeth ever the most Cream, and keepeth the milk longest from fowring.

Profits arising from Milk.

Now for the profits arising from Milk, they are three of especial account, as Butter, Cheese and Milk, to be eaten simple or compounded. As for Curds, fowr milk or Whig, they come from secondary means, and therefore may not be numbred with these.

Of Butter.

For your Butter, which only proceedeth from the Cream, which is the very heart and strength of Milk, it must be gathered very carefully, diligently, and painfully : And though clean-

cleanlines be such an ornament to a Housewife, that if she want any part thereof, she loseth both that and all good names else: yet in this Action it must be more seriously employed than in any other.

To begin then with the fleeting or gathering of your Cream from the Milk, you shall do it in this manner. The Milk which you do milk in the morning, you shall with a fine thin shallow dish made for the purpose, take off the Cream about five of the Clock in the Evening; and the Milk which you did milk in the evening, you shall fleet and take off the Cream about five of the clock in the morning; and the Cream so taken off you shall put it into a clean sweet and will leaded earthen pot close covered, and set it in a close place; and this Cream so gathered, you shall not keep above two dayes in the Summer, and not above four in the Winter, if you will have the sweetest and best butter, and that your Dairy contain but five Kine and no more; but how many or few soever you keep, you shall not by any means preserve your Cream above three dayes in Summer, and not above six in the Winter.

Of fleeting
Cream.

Of keeping
Cream.

Your Cream being neatly and sweet kept, you shall churn or churn it on those usual dayes which are fittest either for your use in the house, or the Markets adjoining next unto you according to the purpose for which you keep your Dairy. Now the dayes must accustomably held amongst ordinary Housewives are Tuesdays and Fridays: Tuesday in the afternoon, to serve Wednesday-morning Market, and Friday-morning to serve Saturday-Market; for Wednesday and Saturday are the most general Market-dayes of his Kingdom, and Wednesday, Friday, and Saturday the usual fasting-days of the week, and so meetest for the use of Butter. Now for Churning, take your Cream, and through a strong and clean cloth strain it into the Churn; and then covering the Churn close, and setting it in a place fit for the Action in which you are employed; as in the Summer, in the coolest place of your Dairy, and exceeding early in the morning, or very late in the evening: And in the Winter, in the warmest place of your Dairy, and in the most temperate Hours, as about noon, or a little before or after, and so churn it with

Of churning
butter, and the
dayes.

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twist

swift stroaks, marking the noise of the same, which will be solid, heavy, and entire, until you hear it alter, and the sound is light, sharpe, and more spiritly; and then you shall say that your Butter breaks, which perceived both by this sound, the lightness of the Churm-staff, and the sparks and drops which will appear yellow about the lid of the Churm; then cleanse with your hand both the lid and the inward side of the Churm, and having put all together, you shall cover the Churm again, and then with easie stroaks round and not to the bottom, gather the butter together into one entire lump and body, leaving no pieces thereof several or unjoynd.

Helps in
churming.

The handling
of Butter.

Now forasmuch as there be many mischiefs and inconveniences which may happen to butter in the churming, because it is a body of much tenderness, and neither will indure much heat nor much cold, for if it be overheated, it will look white, crumble, and be bitter in tast and if it be over-cold, it will not come at all, but will make you wast much labour in vain: which faults to help, if you churm your butter in the heat of Summer it shall not be amiss, if during the time of your churming, you place your churn in a pail of cold water, as deep as your Cream riseth in the churn, and in the churming thereof let your strokes go slow, and be sure that your churn be cold when you put in your Cream. But if you churm in the coldest time of Winter, you shall then put in your Cream before the churn be cold, after it hath been scalded, then you shall place it within the Air of the fire, and churm it with as swift stroaks, and as fast as may be, for the much labouring of it will keep it in a continual warmth, and thus you shall have your butter good, sweet, and according to your wish. After your butter is churn'd or churm'd, and gathered well together in your churn, you shall then open your churn, and with both your hands gather it well together, and take it from the butter-milk, and put it into a very clean bowl of wood or panthion of earth sweetned for the purpose, and if you intend to spend the butter sweet and fresh, you shall have your bowl or panthion filled with very clean water, and therein with your hand you shall work the butter, turning and tossing it to and fro, till you have by that labour beaten and wash'd out all the

the Butter-milk, and brought the Butter to a firm substance of it self, without any other moisture; which done you shall take the Butter from the water, and with a point of a Knife scotch and slice the Butter over and over every way as thick as is possible, leaving no part through which your Knife must not pass; for this will cleanse and fetch out the smallest hair or more, or rag of a Strainer and any other thing which by casual means may happen to fall into it.

After this you shall spread the butter in a bowl thin, and take so much Salt as you think convenient, which must by no means be much for sweet butter, and sprinkle it thereupon; then with your hands work the butter and the salt exceeding well together, and then make it up either into dishes, pounds, or half pounds at your pleasure.

If during the month of *May* before you salt your butter you save a lump thereof, and put it into a vessel, and so set it into the Sun the space of that month, you shall find it exceeding soveraign and medicinable for wounds, strains, aches, and such like grievances.

Of M:y Butter.

Touching the powdering up, or potting of Butter, you shall by no means, as in fresh butter, wash the butter-milk out with water, but only work it clear out with your hands: for water will make the butter rusty or reese, this done, you shall weigh your Butter, and know how many pounds there is thereof; for should you weigh it after it was salted, you would be much deceived in the weight: which done, you shall open the butter, and salt it very well and thoroughly, beating it in with your hand till it be generally disperst through the whole butter: then take clean earthen pots exceedingly well leaded, lest the brine should leak through the same, and cast salt into the bottom of it: then lay in your butter, and press it down hard within the same; and when your pot is filled, then cover the top thereof with Salt, so as no butter be seen: then closing up the pot, let it stand where it may be cold and safe. But if your Dairy be so little that you cannot at first fill up the pot, you shall then when you have potted up so much as you have, cover it all over with salt, and put the next quantity upon it till the pot be full.

Now there be housewives whose Dairies are great, which can by no means conveniently have their butter contained in pots, as in *Holland, Suffolk, Norfolk*, and such like, and therefore are forced to take barrels very close and well made; and after they have salted it well, they fill their barrels there with; then they take a small stick clean and sweet, and therewith make divers Holes down through the butter even to the bottom of the barrel; and then make a strong brine of water and salt, which will bear an Egg, and after it is well boyl'd, well skimm'd, and cool'd, then pour it upon the top of the butter till it swim above the same, and so let it settle. Some use to boyl in this brine a branch or two of Rosemary, and it is not amiss but pleasant and wholesome.

When to pot
Butter.

Now although you may at any time betwixt *May* and *September* pot up butter, observing to do it in the coolest time of the morning; yet the most principal season of all is in the month of *May* only; for then the Air is most temperate, and the Butter will take salt the best, and the least subject to rousing.

The best use of Butter-milk for the ablest House-wives is Charitably to bestow it on the poor neighbours, whose wants do daily cry out for sustenance; and no doubt but she shall find the profit thereof in a divine place, as well as in her earthly business. But if her own wants command her to use it for her own good, then she shall of her Butter-milk make Curds, in this manner: she shall take her Butter-milk, and put it into a clean earthen vessel, which is much larger than to receive the Butter-milk only; and looking unto the quantity thereof, she shall take as it were a third part so much of new Milk, and set it on the fire, and when it is ready to rise, take it off, and let it cool a little; then pour it into the Butter-milk in the same manner as you would make a Poffet; and having stirred it about, let it stand; then with a fine Scummer, when you will use the curds (for the longer it stands, the better the Curds will eat) take them up into a Colander; and let the Whey drop well from it, and then eat them either with Cream, Ale, wine or Beer. As for the Whey, you must keep it also in a sweet Stone-vessel, for it is that which is called Whig,
and

^and it is an excellent cool Drink, and wholesome, and may very well be drunk a Summer through, in stead of any other Drink; and without Doubt, will slake the thirst of any labouring man as well, if not better.

The next main profit which ariseth from the Dairy, is Of Cheese.
Cheese, of which there be divers kinds, as new Milk, or Morning-Milk Cheese, Nettle-Cheese, Flitten-Milk cheese, and Eddish, or After math-cheese, all which have their severall orderings and compositions, as you shall perceive by the discourse following. Yet before I do begin to speak of the making, of the cheese, I will shew you how to order your *Cheeslep bag* or *Runnet*, which is the most principal thing wherewith your Cheese is compounded, and giveth the perfect taste unto the same.

The *Cheeslep bag*, or *Runnet*, is the *Stomach-bag* of a Of the Cheeslep bag or Runnet.
young sucking Calf, which never tasted other food then milk, where the Curd lieth undigested. Of these Bags you shall in the beginning of the year, provide your self good store, and first open the bag, and pour out into a clean vessel the Curd and thick substance thereof; but the rest which is not curdled you shall put away: then open the Curd, and pick out of it all manner of moles, chiers of Grass, or the filth gotten into the same: then wash the Curd in so many cold waters, till it be as white and clean from all sorts of moats as is possible; then lay it on a clean cloth that the water may drain from it; which done, lay it in another dry vessel; then take a handful or two of Salt, and rub the Curd therewith exceedingly, then take your bag, and wash it also in divers cold waters till it be very clean, and then put the Curd and the Salt up into the bag, the bag being also well rub'd within with Salt; and so put it up, and salt the outside also over, and then close up the pot close, and so keep them a full year before you use them. For touching the hanging of them up in chimney corners (as course House wives do) it is unchristnaught, and unwholsome, and the spending of your Runnet whilst it is new, makes your Cheese heavy, and to prove hollow.

When your Runnet or Earning is fit to be used, you shall season

season it after this manner. You shall take the Bag you intend to use, and opening it, put the Curd into a Stone Mortar or a Bowl, and with a wooden Pestle, or a rolling-pin beat it exceedingly, then put to it the yolks of two or three Eggs, and half a Pint of the thickest and sweetest Cream you can fleet from your Milk, with a penny-worth of Saffron finely dried and beaten to powder, together with a little Cloves, and Mace, and stir them all passing well together, till they appear but as one substance, and then put it up in the bag again; then you shall make a very strong brine of Water and Salt, and in the same you shall boyl a handful of Saxifrage, and then when it is cold, clear it into a clean earthen vessel: then take out of the bag half a dozen spoonfuls of the former curd, and mix it with the Brine; then closing the Bag up again close, hang it with the Brine; and in any case also steep in your Brine a few Walnut-tree leaves, and so keep your Runnet a fortnight after before you use it; and in this manner dress all your Bags so, as you may ever have one ready after another, and the youngest a fortnight old ever at the least; for that will make the Earning quick and sharp, so that four Spoonfuls thereof will suffice for the gathering and seasoning of at least twelve Gallons of Milk, and this is the choicest and best Earning which can possible be made by any Housewife.

To make a New-milk or Morning-milk Cheese, which is the best Cheese made ordinarily in our Kingdom, you shall take your Milk early in the Morning, as it comes from the Cow, and syle it into a clean Tub; then take all the Cream also from the Milk you milk'd the Evening before, and strain it into your new Milk. Then take a pretty quantity of clean Water, and having made it scalding hot, pour it into the Milk also to scald the Cream and it together, then let it stand, and cool it with a Dish till it be no more luke-warm; then go to the Pot where your Earning-bags hang, and draw from thence so much of the Earnig without stirring of the Bag, as will serve for your proportion of Milk, and strain it therein very carefully; for if the least mote of the Curd of the Earning fall into the Cheese, it will make the Cheese rot and mould

mould; when your Earning is put in, you shall cover the Milk, and so let it stand half an hour or thereabout; for if the Earning be good, it will come in that space, but if you see it doth not, then you shall put in more: being come, you shall with a dish in your hand break and mash the curd together, pressing and turning it diversly: which done, with the flat palmes of your hands very gently press the Curd down into the bottom of the Tub; then with a thin dish take the Whey from it as clear as you can, and so having prepared your Cheese-fat answerable to the proportion of your Curd, with both your hands joyned together put your Curd therein and break it, and press it hard down into the Fat, till you have fill'd it; then lay upon the top of the Curd your hard Cheese-board, and a little small weight thereupon, that the Whey may drop from it into the under vessel; when it hath done dropping, take a large Cheese-cloth, and having wet it in the cold water, lay it on the Cheese-board, and then turn the Cheese upon it; then lay the cloth into the Cheese-fat, and so put the Cheese therein again, and with a thin slice thrust the same down close on every side: then laying the cloth also over the top to lay on the Cheese-board, and so carry it to your Press, and there presse it under a sufficient weight: after it hath been there prest half an hour, you shall take it and turn it into a dry cloth, and put it into the Press again, and thus you shall turn it into dry clothes at least five or six times in the first day, and ever put it under the Press again, not taking it therefrom till the next day in the evening at soonest, and at the last time it is turned, you shall turn it into the dry Fat without any Cloth at all.

When it is prest sufficiently, and taken from the Fat, you shall then lay it in a Kimmel, and rub it first on the one side, and then on the other with salt, and so let it lye all that night, then the next morning you shall do the like again, and so turn it out upon the brine, which comes from the Salt two or three dayes more, according to the bigness of the Cheese, and then lay it upon a fair Table or Shelf to dry, forgetting not every day once to rub it all over with a clean Cloth, and

and then to turn it till such time that it be thoroughly dry; and sit to go into the Cheefe-heck: and in this manner of drying, you must observe to lay it first where it may dry hastily, and after where it may dry at more leisure; thus you may make the best and most principal Cheefe.

A Cheefe of
two meals.

Cheefe of one
meal.

Of Nettle
Cheefe.

Now if you make a Cheefe of two meals, as your mornings new milk, and the evenings Cream-milk, all you shall do, is but the same formerly rehearsed. And if you will make a simple morning milk Cheefe, which is all of new milk, and nothing else, you shall then do as is before declared, only you shall put in your Earning so soon as the Milk is syl'd, (if it have any warmth in't) and not scald it: but if the warmth be lost, you shall put it into a Kettle, and give it the air of the fire.

If you will have a very dainty Nettle-Cheefe, which is the finest Summer Cheefe which can be eaten, you shall do in all things as was formerly taught in the New-milk Cheefe compound; only you shall put the Cord into a very thin Cheese-fat, not above half an inch, or a little better deep at the most, and then when you come to dry them, as soon as it is drained from the Brine, you shall lay it upon fresh Nettles, and cover it all over with the same, and so lying where they may feel the Air, let them ripen therein, observing to renew your Nettles once in two dayes, and every time you renew them, to turn the Cheefe or Cheeses, and to gather your Nettles as much without stalks as may be, and to make the bed both under and aloft as smooth as may be for the more even and fewer wrinkles that your Cheefe hath; the more dainty is your House-wife accounted.

Offlitten milk
cheefe.

Of Eddilsh
Cheefe.

If you will make flitten milk Cheefe, which is the courtest of all cheefe, you shall take some of the Milk, and heat it upon the fire to warm all the rest; but if it be fowr, that you dare not adventure the warming of it for fear of breaking, then you shall heat water, and with it warm it; then put in your earning as before shewed, and gather it, press it, loft it, and dry it, as you did all other Cheeses.

Touching your Eddilsh Cheefe, or Winter Cheefe, there is not any difference betwixt it and your Summer Cheefe, touch-
ing

ing the making thereof only, because the season of the year denyeth a kindly drying or hardning thereof, it differeth much in taste, and will be soft always; and of these eddish Cheeses you may make as many kinds as of Summer Cheeses, as of one meal, two meals, or of Milk that is flootten.

When you have made your Cheese, you shall then have care of the Whey, whole general use differeth not from that of Butter-milk, for either you shall preserve it to bestow on the poor, because it is a good Drink for the labouring man, or keep it to make Curds of it; or lastly, to nourish and bring up your Swine.

If you will make Curds of your best Whey, you shall set it upon the fire, and being ready to boyl, you shall put into it a pretty quantity of Butter-milk, and then as as you see the Curds arising up to the top of the Whey, with a Skummer skim them off, and put them into a Collender, and then put in more Butter-milk; and thus do whilst you can see any Curds arise; then the Whey being drained clean from them put them into a clean vessel, and so serve them forth as occasion shall serve.

Of Whey
Curds.

CHAP. VII.

*The Office of the Mault, and the several secrets, and knowledges
belonging to the making of Mault*

IT is most requisite and fit, that our *House-wife* be experienced and well practised in the well making of Mault, both for the necessary and continual use thereof, as also for the general profit which accreweth and ariseth to the *Husband House-wife*, and the whole Family; for as from it is made the Drink by which the Household is nourished and sustained, so to the fruitful Husbandman, (who is the Master of rich Ground, and much Tillage) it is an excellent Merchandise, and a Commodity of so great Trade, that not only special Towns and Countries are maintained thereby, but also the whole Kingdom, and divers others Neighbouring Ne-

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tions,

tions; This office or place of knowledge belongeth particularly to the House-wife; and though we have many excellent maulsters, yet it is properly the work and care of the woman, for it is a house-work, and done altogether within doors, where generally lyeth her charge; the man only ought to bring in, and to provide the Grain, and excuse her from portage or too heavy burthens; but for the Art of making the Malt, and the several labours appertaining to the same, even from the Fat to the Kiln, it is only the work of the House-wife, and the Maid-servants to her appertaining.

To begin then with the first knowledg of our Maulster, it consisteth in the election and choice of Grain, fit to make Mault on, of which there are indeed truly but two kinds, that is to say, Barley, which is of all other the most excellent for this purpose; and Oats, which when Barley is scant or wanting, maketh also a good and sufficient Mault: and though the drink which is drawn from it, be neither so much in the quantity, so strong in the substance, nor yet so pleasant in the taste, yet is the Drink very good and tolerable, and nourishing enough for any reasonable Creature. Now I do not deny but there may be made Mault of Wheat, Pease, Lupins, Vetches and such like, yet it is with us of no retained custome, nor is the Drink simply drawn or extracted from these Grains, either wholesome or pleasant, but strong and fullsome: therefore I think it not fit to spend any time in treating of the same. To speak then of the election of Barley, you shall understand, that there be divers kinds thereof, according to the alteration of Soils, some being big, some little, some empty, some full, some white, some brown, and some yellow: but I will reduce all these into three kinds, that is, into the Clay-Barley, the Sandy-Barley, and the Barley which groweth on the mixt Soyl. Now the best Barley to make Mault on, both for yeilding the greatest quantity of matter, and making the strongest, best and most wholesome Drink, is the Clay-Barley will drest, being clean Corn of it self, without Weeds or Oats, white of Colour full in substance, and sweet in taste. That which groweth on the mixt Grounds is the next; for though it be subject to some Oats and

and some Weeds; yet being painfully and carefully drest, it is a fair and boll'd Corn, great and full; and though some what browner than the former, yet it is of a fair and clean complexion. The last and worst grain for this purpose, is the Sandy Barley; for although it be seldome or never mixt with Oats, yet if the Tillage be not painfully and cunningly handled, it is much subject to Weeds of divers kinds, as Tares, Vetches, and such like, which drink up the Liquor in the Brewing, and make the Yeeld or quantity thereof very little and unprofitable: besides the Grain naturally of it self hath a yellow, withered, empty husk, thick and unfurnish'd of meal, so that the Drink drawn from it, can neither be so much, so strong, so good, nor so pleasant. So that to conclude, the clean Clay Barley is best for profit in the Sale-drink, for strength and long lasting.

The Barley in the mixt grounds will serve well for Houholds and Families, and the Sandy Barley for the poor, and in such places where better is not to be gotten. And these are to be known of every *Husband or Housewife*: the first by his whiteness, greatness, and fulness; the second by his brownness, and the third by his yellowness, with a dark brown nether end, and the emptiness and thickness of the husk: and (in this election of Barley) you shall note, That if you find in any wild Oats, is a sign of rich Clay-ground, but ~~the~~ Husband, yet the Mault made thereof is not much amiss, for both the wild Oat and the perfect Oat give a pleasant sharp relish to the drink, if the quantity be not too much, which is evermore to be respected. And to conclude this matter of election, great care must be had of both *Husband and Housewife*, that the Barley chosen for Mault, be exceeding sweet, both in smell and taste, and very clean drest: for any corruption maketh the Mault both sour, and the foul dressing affordeth much loss.

After the skilful election of Grain for Mault, the *Housewife* is to look to the situation goodness and apt accommodation of the Mault-house, for in that consisteth both much of the skill, and much of the profit. For the general situation of the House, we would (as near as can be) stand upon firm dry ground having prospect every way, with open Windows, and lights set in the

Of the Mault-house, and the situation.

Wind, Sun, and Air, which way the Master pleaseth, both to cool and comfort the Grain at pleasure, and also close-shuts, or draw-windows to keep out the Frosts and Storms, which are the only lets and hinderances for making the Mault good and perfect. For the model or form of the houses, some are made round; with a Court in the middle, some long, and some square, but the round is the best, and the least laborious; for the Cisterns or Fats being placed (as it were) at the head or beginning of the Circle, and the Pump or Well, (but the Pump is best) being close adjoining, or at least by conveyance of troughs made as useful as if it were near adjoining, the Corn being steeped, may with one persons labour and a shovel, be cast from the Fat or Cistern to the floor, and there coucht; then when the Couch is broken it may in the turning either with the hand, or the shovel be carried in such a circular house round about from one floor to another, till it come to the Kiln which would also be placed next over against the Pump and Cisterns, and all contained under one roof.

And thus you may empty steeping after steeping, and carry them with one persons labour from floor to floor, till all the floors be filled; in which circular motion you shall find, that ever that which was first steep'd, shall first come to the Kiln, and so consequently one after another, in such sort as they were steeped; and your work may evermore be constant, and your floors at no time empty, but at your own pleasure, and all the labour done onely with the hand and shovel, without carrying or re-carrying, or lifting heavy barthens, which is both troublesome and offensive, and not without much loss, because in such cases ever some grain scattereth.

Now over against the Kiln hole or Furnace, (which is evermore intended to be on the ground) should a convenient place be made to pile the fewel for the Kiln, whether it be Straw, Bracken Furres, Wood, Coal, or other fewel; but sweet Straw, is of all other the best and neatest. Now it is intended that this Mault-house may be made two stories in height, but no higher: over your Cisterns shall be made the Garners wherein to keep your Barly before it be steeped; in the bottoms of these Garners, standing directly over the Cisterns, shall be convenient

holes made to open and shut at pleasure, through which shall run down the Barley into the Cistern.

Over the Bed of the Kiln can be nothing but the place for the Hair-cloth, and a spacious roof open every way, that the smoke may have a free passage, and with the least air be carried from the Kiln, which maketh the Malt sweet and pleasant. Over that place where the fewel is piled, and is next of all to the bed of the Kiln, would likewise be other spacious Garners made, some to receive the Mault as soon as it is dryed with the comb and Kiln dust, in which it may lye to mellow and ripen, and others to receive the Mault after it is skreened and drest up; for to let it be too long in the comb, as above three months at longest, will make it both corrupt, and breed weevels and other worms, which are the greatest destroyers of Mault that may be. And these garners should be so conveniently plac't, before the front of the Kiln-bed, that either with the Shovel or a small Scuttle you may cast, or carry the Mault once dryed into the Garners.

For the other part of the floors, they may be employed as the ground-floors are, for the receiving of the Mault when it comes from the Cistern, and in this manner, and with these accommodations you may fashion any Mault-house, either round, long, square, or of what proportion soever, as either your estate, or the convenience of the ground you have to build on shall administer. Next to the site or proportion of the ground, you shall have a principal care for the making of your Mault-floors, in which all *the custome and the nature of the soyl binds manytimes a man to sundry inconveniences, and that a man must necessarily build according to the matter he hath to build withall, from whence ariseth the many diversities of Mault-floors*, yet you shall understand, that the general best Mault-floor both for Summer and Winter, and all seasons, is the Cave or vaulted Arch which is hewed out of a dry and main gretty Rock, for it is both warm in Winter, and cool in Summer, and generally comfortable in all seasons of the year whatsoever. For it is to be noted, That all *Höusewives* do give over the making of Mault in the extreame heat of Summer, it is not because the Mault is worse that is made in Summer then that which is made in Winter; but because the floors are more unreasonable, and that the Sun getting a power into such open places.

places, maketh the Grain which is steeped to sprout and come so swiftly, that it cannot endure to take time on the Floor, and get the right seasoning which belongeth to the same : whereas these kind of Vaults being dry, and as it were coucht under the ground not only keepeth out the Sun in Summer, which maketh the Mault come much too fast, but also defendeth it from frost and cold bitter blasts in sharp Winter, which will not suffer it to come, or sprout at all; or if part do come and sprout, as that which lyeth in the heart of the bed; yet the upper parts and outside by means of extreame cold cannot sprout, but being again dried hath its first hardness, and is one and the same with raw Barley; for every *Housewife* must know, That if Mault do not come as it were altogether, and at an instant, and not one come more than another, the Mault must needs be very much imperfect.

The next Floor to the Cave, or dry Sandy Rock, is the Floor which is made of Earth, or a stiff strong binding clay well watered, and mixt with Horse-dung and Soap-ashes, beaten and wrought together, till it come to one solid firmness; this Floor is a very warm comfortable Floor in the Winter season, and will help the grain to come and sprout exceedingly, and with the help of windows to let in the cold Air, and to shut out the violent reflection of the Sun, will serve very conveniently for the making of Mault for nine months in the year, that is to say, from September till the end of May; but for June, July, and August, to imploy it to that purpose, will breed both loss and inconvenience. The next floor to this of the Earth, is that which is made of *Plaster*, or *Plaster of Paris*, being burnt but in a seasonable time, and kept from wet, till the time of shooting, and then smoothly laid, and well levelled; the imperfection of the *Plaster Floor* is only the extreame coldness thereof, which in frosty and cold seasons so bindeth in the heart of the Grain, that it cannot sprout; for which cause it behoveth every Maultster that is compelled to these Floors, to look well unto the seasons of the year and when he findeth either the frosts, Northern blasts, or other nipping storms to rage too violently, then to make his first couches or beds, when the Grain cometh newly out of the Cestern, much thicker and rounder than otherwise he would do; and as the Cold abateth,
or

or the Corn increaseth in sprouting, so to make Chuches or Beds thinner and thinner, for the thicker and closer the grain is coucht and laid together, the warmer it lyeth, and so catching heat, the sooner it sprouteth; and the thinner it lyeth, the cooler it is, and so much the slower in sprouting. This Floor, if the Windows be close, and guard off the Sun sufficiently, will (if necessity compel) serve for the making of Mault ten moneths in the year; only in *July* and *August* which contain the Dog-dayes, it would not be employed, nor in the time of any Frost, with out great care and circumspection.

Again, there is in this Floor another fault, which is a natural casting out of dust, which much sullieth the Grain; and, being dried, makes it look dun and foul, which is much disparagement to the Maultster; therefore she must have great care, that when the Mault is taken away, she sweep and keep her floors as clean and neat as may be. The last and worst is the boarded Floor, of what kind soever it be, by reason of the too much heat thereof and yet of boarded flores the Oaken boarded is the coolest and longest lasting; the Elme or Beech is next, then the Ash, and the worst (though it be the fairest to the Eye) is the Firre, for it hath in it self (by reason of the Frankincense and Turpentine which it holdeth) a natural heat, which mixed with the violence of the Sun in the Summer time, forceth the Grain not only to sprout, but to grow in the Couch, which is much loss, and a foul imputation. Now these boarded floors can hardly be in use for above five moonths at the most, that is to say, *October*, *November*, *December*, *January*, and *February*; for the rest the Sun hath too much strength, and these boarded Floors too much warmth; and therefore in the coolest times it is good to observe to make the Couch thin, whereby the Air may pass through the Corn, and so cool it, that it may sprout at leisure.

Now for any other Floors, besides these already named, there is not any good to mault upon; for the common Floor which is of natural Earth, whether it be Clay, Sand, or Gravel, if it have no mixture at all with it more than its own nature, by oft treading upon it, groweth to gather the nature of saltneis, or Salt-petre into it, which not only giveth an ill taste to the Grain that is laid upon the same, but also his moisture and mouldiness, which in the

Imperfect
Floor...

the moist times of the year arise from the ground, it often corrupteth and putrifieth the Corn; the rough paved floor by reason of the unevenness, is unfit to mault on, because the Grain getting into the crannies, doth there lye, and is not removed or turned up and down as it should be with the hand, but many times is so fixed to the ground, that it sprouteth and groweth up into a green blade, affording much loss and hinderance to the Owner.

The smooth paved Floor, or any Floor of Stone whatsoever is full as ill; for every one of them naturally against much wet or change of weather, will sweat and distill forth such abundant moisture, that the Mault lying upon the same, can neither dry kindly, nor expell the former moisture received in the Cistern, but also by that over-much moisture many times roteth, and come to be altogether useles. Lastly, for the Floor made of Lime and Hair, it is as ill as any formerly spoken of, both in respect of the nature of the Lime, whose heat and sharpness is a main enemy to Mault, or any moist Corn, as also in respect of the weaknes and brittleness of the substance thereof, being apt to moulder and fall in pieces with the lightest treading one the same; and that Lime and Dust once mixing with the Corn, it doth so poyson and suffocate it, that it neither can sprout, nor turn serviceable for any use.

Of the Kiln,
and the building thereof.

Next unto the Mault-floors, our Maultster shall have a great care in the framing and fashioning of the Kiln, of which there are sundry sorts of models, as the ancient form which was in times past used of our fore-fathers- being only made in a square proportion at the top, with small splints or rafters, joyned within four inches one of another going from a main beam crossing the mid-part of that great square. Then is this great square from the top, with good and sufficient studs to be drawn slope-wile, narrower and narrower, till it come to the ground, so that the hearth or lowest part thereof may not be above a sixth part to the great square above, on which the Mault is laid to be dried; and this hearth shall be made hollow and descending, and not level nor ascending; and these Kilns do not hold any certain quantity in the upper square, but may ever be according to the frame of the house, some being thirty foot each way, some twenty, and some

some eighteen. There be other Kilns which are made after this manner open and slope, but they are round of proportion; but both these kind of Kilns have one fault, which is danger of fire lying every way open and apt for the blaze, if the *Maltster* be any thing negligent either in the bouting of the blaze low and forward, or not sweeping every part about the harth any things that may take fire, or fore-seeing that no straws which do belong to the bedding of the Kiln do hang down or are loose, whereby the fire may take hold of them, it is very possible that the Kiln may be set on fire; to the great loss and often undoing of the owners.

Which to prevent, and that the *Maltster* may have better assurance and comfort in her labour, there is a Kiln now of general use in this Kingdom, which is call'd a *French Kiln*, being framed of a brick, ashler, or other fire stone, according to the nature of the soyl in which Husbands and Housewives live: and this *French Kiln* is ever safe and secure from fire, and whether the *Maltster* wake or sleep, without extream wilful negligence, there can no danger come to the Kiln; and in these Kilns may be burnt any kind of sewel whatsoever, and neither shall the smoak offend or breed ill taste in the Malt, nor yet discolour it, as many times it doth in open Kilns, where the Malt is as it were covered all over, and even parboyl'd in smoak, so that of all sorts of Kilns whatsoever, that which is called the *French Kiln*, is to be preferred and only embraced. Of the form or model whereof, I will not here stand to treat, because they are now so generally frequent amongst us, that no Mason or Carpenter in the whole Kingdom but can build the same; so that to use more words thereof were tediousness to little purpose. Now there is another kind of Kiln, which I have seen (and but in the West Country only) which for the profitable quaintness thereof, I took some special note of, and that was a Kiln made at the end of a Kitchen Range or Chimney, being in shape round and made of brick, with a little hollownes narrowed by degrees, into which came from the bottom and midst of the Kitchen chimney a hollow tunnel or vault, like the tunnel of a Chimney, and ran directly on the back side the hood, or back of the Kitchen chimney; then in the midst of the Chimney where

The perfect
Kiln.

the greatest strength of the fire was made, was a square hole made of about a foot and half every way, with an iron thick plate to draw to and fro, opening and closing the hole at pleasure; and this hole doth open only into that tunnel, which went to the Kiln, so that the Malt being once laid, and spread upon the Kiln; draw away the iron plate, and the ordinary fire with which you dress your meat, and perform other necessary business, is suckt up into this tunnel, and so conveyeth the heat to the Kiln, where it dryeth the Malt with as great perfection as any Kiln I saw in my life, and needeth neither attendance or other ceremony more, then once in five or six hours to turn the Malt, and take it away when it is dryed sufficiently: for it is here to be noted, that how great or violent soever the fire be, which is in the chimney, yet by reason of the passage, and the quantity thereof, it carrieth no more than a moderate heat to the Kiln; and for the smoak, it is so carried away in other loop-holes which run from the hollownes between the tunnel, and the Malt-bed, that no Malt in the world can possibly be sweeter or more delicately coloured: only the fault of these Kilns are, that they are but little in compass, and so cannot dry much at a time, as not above a quarter or ten strikes at the most in one drying, and therefore are no more but for a mans own particular use, and for the furnishing of one settled Family; but so applied, they exceed all the Kilns that I have seen whatsoever.

Bedding of
the Kila.

When our *Malster* hath thus perfected the Malt-house and Kiln; then next look to the well bedding of the Kiln, which is diversly done according to mens divers opinions: for some use one thing, and some another, as the necessity of the place, or mens particular profits draw them.

But first to shew you what the bedding of a Kiln is, you shall understand that it is a thin covering laid upon the open rafters, which are next unto the heat of the fire, being made either so thin, or so open, that the smallest heat may pass through it, and come to the corn: this bed must be laid so even and level as may be, and not thicker in one place than another, lest the Malt dry too fast where it is thinnest, and too slowly where it is thick, and so in the taste seem to be of two several dryings.

It

It must also be made of such stuff, as having received heat, it will long continue the same, and be assistant to the fire in drying the corn; it should also have in it no moist or dankish property, lest at the first receiving of the fire it send out a stinking smoak, and so taint the Malt; nor should it be of any rough or sharp substance, because upon this bed or bedding is laid the hair-cloth, and one the hair-cloth the Malt, so that with the turning the Malt and treading upon the cloth, should the bed be of any such roughness, it would soon wear out the hair-cloth-which would be both loss and ill Housewifery, which is carefully to be eschewed.

But now for the manner or substance whereof this bedding should be made, the best, neatest, and sweetest, is clean long Rye-straw, with the ears only cut off, and the ends laid even together, not one longer than another, and so spread upon the rafter of the Kiln as even and thin as may be, and laid as it were straw by straw in a just proportion, where skill and industry may make it thin or thick at pleasure, as but the thickness of one straw, or of two, three, four or five, as shall seem to your judgment most convenient; and than this there can be nothing more even, more dry, sweet, or open to let in the heat at your pleasure; and although in the old open Kilns it be subject to danger of fire, by reason of the quickness to receive the flame, yet in the *French* Kilns (before mentioned) it is a most safe bedding, for not any fire can come near unto it. There be others which bed the Kiln with Matt; and it is not much to be disliked, if the Matt be made of Rye-straw sowed, and woven together according to the manner of the *Indian Matts*, or those usual thin *Bent Matts*, which you shall commonly see in the Summer time standing in Husband-mens Chimneys, where one bent or straw is laid by another, and so woven together with a good strong pack-thread: but these Matts according to the old Proverb (*Most cost, most worship*) are chargeable to be bought, and very troublesome in the making, and in the wearing will not out-last one of the former loose beddings; for if one thread or stitch break, immediately most in that row will follow: only it is most certain, that during the time it lasteth, it is

both good, necessary and handsome. But if the *Mat* be made either of Bul-rushes, Flags, or any other thick substance (as for the most part they are) then it is not so good a bedding, both because the thickness keepeth out the heat, and is long before it can be warmed; as also in that it ever being cold, naturally of it self draweth into it a certain moisture, which with the first heat being expelled in *Smoak*, doth much offend and breed ill taste in the *Malt*. There be others that bed the Kiln with a kind of *Mat* made of broad thin splints of wood wrought Checquer-wise one into another, and it hath the same faults which the thick *Mat* hath; for it is long in catching the heat and will ever smoak at the first warming, and that smoak will the *Malt* smell on ever after; for the smoak of *Wood* is ever more sharp and piercing than any other smoak whatsoever.

Besides this *Woodden-Mat*, after it hath once bedded the Kiln, it can hardly afterward be taken up or removed; for by continual heat, being brought to such an extreme dryness, if upon any occasion either to mend the Kiln, or cleanse the Kiln, or do other necessary labour underneath the bedding, you shall take up the *Wooden-Mat*, it would presently crack, and fall to pieces, and be no more serviceable.

There be others which bed the Kiln with a bedding made all of *Wickers*, of small wands folded one in another like a hurdle, or such wand work; but it is made very open, every wand at least two or three fingers one from another; and this kind of bedding is a very strong kind of bedding, and will last longest, and catcheth the heat at the first springing, only the smoak is offensive, and the roughness with out great care used, will soon wear out your hair-cloth; yet in such places where *straw* is not to be got or spared, and that you are compelled only to use *Wood* for your fuel in drying your *Malt*, I allow this bedding before any other, for it is very good, strong, and long lasting: Besides, it may be taken up and set by at pleasure, so that you may sweep and cleanse your Kiln as oft as occasion shall serve, and in the neat and fine keeping of the Kiln, doth consist much of the *House-wives* Art; for to be choakt either with dust, dirt, soot or ashes, as it shews stuttishness

tishness, and sloth, the only great imputations hanging over a *House-wife*, so likewise they hinder the labour, and make the malt dry a great deal worse, and more unkindly.

Next the bedding of the Kiln, our Maltster by all means must have an especial care with what *fewel* she dryeth the malt; for commonly, according to that it ever receiveth and keepeth the taste, if by some especial art in the Kiln that *anoyance* be not taken away. To speak then of *fewels* in general, there are of divers kinds according to the natures of *soyls*, and the accommodation of places in which men live; yet the best and most principal *fewel* for the Kilns, (both for sweetness, gentle heat and perfect drying) is either good Wheat-straw, Rye-straw, Barley-straw or Oaten-straw; and of these the Wheat-straw is the best, because it is most substantial, long lasting, makes the sharpest fire, and yields the least flame; The next is Rye-straw, then Oaten-straw, and last Barly-straw, which by reason it is shortest, lightest, least lasting, and giveth more blaze than heat, it is last of these white straws to be chosen; and where any of these fail or are scarce you may take the stubble or after-crop of them when the upper part is shorn away, which being well dried and housed, is as good as any of the rest already spoken of, and lets chargeable, because it is not fit for any better purpose, as to make fodder, manure, or such like, or more than ordinary thatching, and so fittest for this purpose. Next to these white straws, your long Fen-rushes being very exceedingly well withered and dried, and all the sappy moisture gotten out of them, and so either safely housed or stacked, are the best *fewel*, for they make a very substantial fire and much lasting, neither are apt to much blazing, nor the smoke so sharp or violent, but may very well be endured: where all these are wanting, you may take the Straw of Pease, Fetcher, Lupins or Tares, any of which will serve, yet the smoke is apt to taint, and the fire without prevention dryeth too suddenly and swiftly. Next to these is clean Bean-straw, or straw mixt of Beans and Pease together; but this must be handled with great discretion, for the substance containeth so much heat that it will rather burn than dry, if it be not moderated, and the

Offewel for
the drying of
Malt.

the smoak is also much offensive. Next to this Bean-straw, is your Furs, Gorse, Whins, or small, Brush-wood, which differeth not much from Bean-straw, only the smoak is much sharper, and tainteth the malt with a much stronger savour. To these I may add Braken or Brakes, Ling, Heath or Broom, all which may serve in time of necessity, but eachone of them have this fault, that they add to the malt an ill taste or savour. After these I place wood of all sorts, for each is a like noysome, and if the smoak which cometh from it touch the malt, the infection cannot be removed; from whence amongst the best Husbands hath sprung this Opinion, that when at any time drink is ill tasted, they say straight, it was made of wood-dryed malt. And thus you see the generality of fewels, their virtues, faults, and how they are to be implored. Now for Coal of all kinds, Turf or Peate, they are not by any means to be used under Kilns, except where the furnances are so subtilly made that the smoak is conveyed a quite contrary way, and never cometh near the malt; in that case it skilleth not what fewel you use, so it be durable and cheap, it is fit for the purpose; only great regard must be had to the gentleness of the fire, for as the old Proverb is, (*Soft fire makes sweet malt*) so too hasty a fire scorcheth and burneth it, which is called among Maltsters Fire-fang'd; as such malt is good for little or no purpose: therefore to keep a temperate and true fire, is the only Art of a most skilful Maltster.

When the Kiln is thus made, and furnished of all necessaries duly belonging to the same, your Maltsters next care shall be to the fashioning and making of the Garners, Hutches or Hold, in which both the mault after it is dryed, and the Barley before it be steeped, is to be kept and preserved; and these Garners or Safes for Corn are made of divers fashions, and divers matters, as some of Boards, some of Bricks, some of Stone, some of Lime and Hair, and some of Mud, Clay or Loame: but all of these have their several faults; for wood of all kinds breedeth Weevil and Worms which destroy the Grain, and is indeed much too hot: for although malt would ever be kept passing dry, yet never so little overplus of heat withers it, and takes a way the vertue; for as moisture rots and corrupts

corrupts it, so heat takes away and decayeth the substance. Brick, because it is laid with Lime is altogether unwholesome; for the Lime being apt at change of weather to sweat, moisteneth the grain, and so tainteth it; and in the dryest seasons with the sharp hot taste doth fully as much offend it; those which are made of Stone, are much more noysome, both in respect of the reasons before rehearsed, as also in that all Stone of it self will sweat, and so more and more corrupteth the grain which is harboured in it. Lime and hair being of the same nature, carrieth the same offences, and is in the like sort to be eschewed. Now for Mud, Clay or Loame, in as much as they must necessarily be mixt with wood, because otherwise of themselves they cannot knit or bind together; and besides that, the Clay or Loame must be mixt either with chopt hay, chopt straw, or chopt Litter, they are as great breeders of Worms and Vermine as wood is, nor are they defences against Mice, but easie to be wrought through, and so very unprofitable for any Husband or House-wife to use. Besides, they are much too hot, and being either in a close house near the Kiln or the back or face of any other Chimney, they dry the Corn too sore, and make it dwindle and wither, so that it neither filleth the Bushel nor enricheth the Liquor, but turns to loss every way. The best Garner then that can be made both for safety and profit, is to be made either of broken tile-sherd or broken bricks cunningly and even laid and bound together with Plaster of Paris, or our ordinary *English* Plaster, or burnt Alabaster, and then covered all over both within and without, in the bottom and one every side, at least three fingers thick with the same Plaster, so as no brick or tyle-sherd may by any means be seen, or come neer to touch the Corn; and these Garners you may make as big or as little as you please, according to the frame of your house, or place of most convenience for the purpose, which indeed would ever be as neer the Kiln as may be, that the air of the fire in the daies of drying may come unto the same, or else near the backs or sides of Chimneys where the air thereof may correct the extream coldness of the Plaster, which of all things that are bred in the earth, is the coldest thing that may be, and yet most dry, and not apt to sweat

or

or take moysture, but by some violent extremity; neither will any worm or vermine come near it, because the great coldness thereof is a mortal enemy to their natures, and so the safest and longest these Garners of Plasters keep all kind of Grain and Pulse in the best perfection.

The making
of Cisterns.

After these Garners, Hutches, or large Keeps for Corn are perfected and made, and fitly adjoynd to the Kiln, the next thing that our *Masters* hath not look'd unto, is the framing of the Fatts or Cistern wherein the Corn is to be steeped: and they are of two sorts, that is, either of Coopers work, being great Fatts of wood, or else of Masons work, being Cisterns made of stone; but the Cistern of stone is much the better: for besides that, these great Fatts of Wood are, very chargeable and Costly (as a Fatt to contain four quarters of Grain, which is but two and thirty bushels, cannot be afforded under twenty shillings) so likewise they are very casual and apt to mischance and spilling; for, and besides their ordinary wearing, if in the heat of Summer they be never so little neglected without water, and suffered to be over dry, it is ten to one but in the Winter they will be ready to fall in pieces; and if they be kept moist, yet if the water be not oft shifted and preserved sweet, the Fatt will soon taint, and being once grown faulty, it is not only irrecoverable, but also whatsoever cometh to be steeped in it after, will be sure to have the same favour; besides the wearing and breaking of Garthes and Plugs, the binding, cleansing, sweetning, and a whole world of other troubles and charges doth so daily attend them, that the benefit is a great deal short of the incumbrance; whereas the Stone-Cistern is ever ready and useful, without any vexation at all; and being once well and sufficiently made, will not need trouble or reparation, (more than ordinary washing) scarce in a hundred years.

Now the best way of making these Malt-Cisterns, is to make the bottoms and sides of good ryle-threads fixed together with the best Lime and Sand and the bottom shall be raised at least a foot and a half higher than the ground, and at one corner in the bottom, a fine artificial round hole must be

be made, which being outwardly stopt, the Maltster may through it drain the Cistern dry when she pleaseth, and the bottom must be so artificially level'd and contrived, that the water may have a true descent to that hole, and not any remain behind when it is opened.

Now when the model is thus made of tile-shard, which you may do great or little at your pleasure: then with Lime, Hair, and Beasts blood mixed together, you shall cover the bottom at least two inches thick, laying it level and plain as is before shewed: which done, you shall also cover all the sides and top both within and without with the same matter at least a good fingers thickness, and the main wall of the whole Cistern shall be a full foot in thickness, as well for strength and durableness, as other private reasons for the holding the grain and water, whose poise and weight might otherwise endanger a weaker substance. And thus much concerning the Malt-house, and those several accommodations which do belong unto the same.

I will now speak a little in general as touching the Art, skill and knowledge of Malt-making, which I have referred to the conclusion of this Chapter, because whosoever is ignorant in any of the things before spoken of, cannot by any means ever attain to the perfection of the most true and most thrifty Malt-making. To begin then with the Art of making or, (as some term it) melting of Malt, you shall first (having proportioned the quantity you mean to steep, which could ever be answerable to the content of your Cistern, and your Cistern to your floors) let it either run down from your upper Garner into the Cistern, or otherwise be carried into your Cistern, as you shall please or your occasions desire; and this Barley would by all means be very clean and neatly drest; then when your Cistern is filled you shall from your Pump or Well convey the Water into the Cistern till all the Corn be drenched, and that the Water float above it; If there be any Corn that will not sink, you shall with your hand stir it about and wet it, and so let it rest and cover the Cistern; and thus for the space of three nights you shall let the Corn steep in the Water. After the three

The manner
how to make
Malt.

nights expired, the next morning you shall come to the Cistern and pluck out the plug or bung-stick which stoppeth the hole in the bottom of the Cistern, and so drain the water clean from the Corn, and this water you shall by all means save, for much light Corn and others will come forth with this drain-water, which is very good Swines-meat, and may not be lost by any good House-wife. Then having drained it, you shall let the Cistern drop all that day, and in the evening with your shovel you shall empty the Corn from the Cistern unto the Malt-floor, and when all is out, and the Cistern cleansed, you shall lay all the wet Corn on a great heap, round or long, and flat on the top, and the thickness of this heap shall be answerable to the season of the year; for if the weather be extreme cold, then the heap shall be made very thick, as three or four foot or more, according to the quantity of the grain: but if the weather be temperate and warm, then shall the heap be made thinner, as two foot, a foot and a half or one foot, according to the quantity of the Grain. And this heap is called of Maltsters a Couch or bed of raw Malt.

In this Couch you shall let the Corn lie three nights more without stirring, and after the expiration of the three nights you shall look upon it, and if you find that it beginneth but to sprout, (which is called coming of Malt) though it be never so little, as but the very white end of the sprout peeping out, (so if it be in the outward part of the heap or couch) you shall then break open the couch, and in the middest where the Corn lay nearest, you shall find the sprout or Corn of a greater largeness: then with your shewel you shall turn all the outward part of the couch inward, and the inward outward, and make it at least three or four times as big as it was at the first, and so let it be all that day and night, and the next day you shall with your shovel turn the whole heap over again, increasing the largeness, and making it of one indifferent thickness over all the floor, that is to say, not above a handful thick at the most, not failing after for the space of fourteen dayes, which doth make up full in all three-weeks, to turn it all over twice or thrice a day, according to the season of the weather, for if it be warm, the Malt must be turned

turned oftner; if cool, then it may lie looser, thicker and longer together and when the three weeks is fully accomplished, then you shall (having bedded your Kiln, and spread a clean hair-cloath thereon) lay the Malt as thin as may be, (as about three fingers thickness) upon the hair-cloath, and so dry it with a gentle and soft fire, ever and anon turning the Malt (as it drieth on the Kiln) over and over with your hand, till you find it sufficiently well dried, which you shall know both by the taste and when you bite it in your mouth, and also by the falling off the Come or Sprout when it is thoroughly dried. Now as soon as you see the Come begin to shed, you shall in the turning of the Malt rub it well between your hand, and scower it to make the Come fall away, then finding it all sufficiently dried, first put out your fire, then let the Malt cool upon the Kiln, for four or five hours, and after raising up the four corners of the hair-cloath, and gathering the Malt together on a heap, empty it with the Come and all into your Garners, and there let it lie (if you have not present occasion to use it) for a month or two or three to ripen, but no longer, for as the Come or dust of the Kiln for such a space melloweth and ripeneth the Malt, making it better both for sale or expence, so to lie too long in it doth ingender Weevil worms and Vermine which do destroy, the Grain.

The drying
of Malt.

Now for the dressing and cleansing of Malt at such time as it is either to be spent in the house or sold in the Market; you shall first winnow it with a good wind either from the Air or from the Fan; and before the winnowing, you shall rub it exceeding well between your hands to get the Come or Sprouting clean away for the beauty & goodness of Malt is when it is most smug, clean, bright, and likest to Barley in the view, for then there is least waste and greatest profit: for Come and Dust drinketh up the Liquor, and gives an ill taste to the drink. After its well rubbed and winnowed, you shall then rec it over in a fine sieve, and if any of the Malt be uncleansed, then rub it again into the sieve till it be pure; and the rubbings will arise on the top of the sieve, which you may cast off at pleasure, and both those rubbings from the sieve, and the chaff, and dust which cometh from the win-

nowings should be safe kept; for they are very good Swines-meat, and feed well, mixt either with whey or swillings, and thus after the Malt is ree'd, you shall either sack it up, for special use, or put it into a well cleansed Garner, where it may lie till there be occasion for expence.

Now there be certain Observations in the making of Malt, which I may by no means omit: for though divers opinions do diversly argue them; yet as near as I can, I will reconcile them to that truth which is most consonant to reason, and the rule of honesty and equality.

First, there is a difference in mens opinions, as touching the constant time for the mellowing and making of the Malt; that is, from the first steeping untill the time of drying: for some will allow both Fatt and Floor hardly a fortnight, some a fortnight and two or three daies, and do give this reason.

First They say, it makes the Corn look whiter and brighter, and doth not get so much the swelling and fowlness of the floor, as that which lieth threeweeks, which makes it a great deal more beautiful, and so more saleable: Next, it doth not come or shoot out so much sprout as that which lieth a longer time, and so preserveth more heart in the grain, makes it bold and fuller, and so consequently more full of substance, and able to make more of a little than the other of much more.

These reasons are good in shew, but not in substantial truth: for (although I confess that Corn which lieth least time on the floor, must be the whitest and brightest,) yet that which wanteth any of the due time, can neither ripen, mellow, nor come to true perfection, and less than three weeks cannot ripen Barley; for look what time it hath to swell and sprout, it must have full that time to flourish, and as much time to decay, now in less than a week it cannot do the first, and so in a week the second, and in another week the third; so that in less than three weeks a man cannot make perfect Malt. Again, I confess, that Malt which hath the least time must have the greatest Kernel; and so be most substantial

stantial; yet the Malt which putteth not out his full sprout, but hath that moisture (with too much haste) driven in which should be expelled, can never be Malt of any long lasting, or profitable for indurance, because it hath so much moist substance as doth make it both apt to corrupt and breed worms in most great abundance. It is most true, that this hast made Malt is fairest to the eye, and will soonest be vented in the Market; and being spent as soon as it is bought, little or no loss is to be perceived; yet if it be kept three or four months longer (unless the place where it is kept, be like a hot-house) it will be so dank and give again, that it will be little better than raw Malt; and so good for no service without a second drying.

Besides, Malt that is not suffered to sprout to the full kindly, but is stopt as soon as it begins to peep, much of that Malt cannot come at all; for the moistest grains do sprout first, and the hardest are longer in breaking the husk; now, if you stop the grain on the first sprouts, and not give all leisure to come one after another, you shall have half Malt and half Barley, and that is good for nothing but Hens and the Hogs-bough. So that to conclude, less than three weeks you cannot have to make good and perfect Malt.

Next, there is a difference in the turning of the Malt, for some (and those that be the most Men-maltsters whatsoever) turn all their Malt with the shovel, and say it is more easie, more speedy, and dispatcheth more in an hour, then any other way doth in three; and it is very true, yet it scattereth much, behind unturned, and commonly that which was undermost it leaveth undermost still, and so by some coming too much and other not coming at all, the Malt is of much imperfect, and the saying made good, *that too much haste maketh waste*. Now, there are others (and they are for the most part Women-maltsters) which turn all with the hand, and that is the best, safest, and most certain way; for there is not a grain which the hand doth not remove, and turn over and over, and laies every severall heap or row of such an even and just thickness, that the Malt both equally cometh, and equally seasoneth together without defect or alteration; and though he that

hath much Mault to make, will be willing to hearken to the swift-est course in making, yet he that will make the best Malt, must take such convenient leisure, and imploy that labour which cometh nearest to perfection.

Then there is another special care to be had in the coming or sprouting of Mault, which is, that as it must not come too little, so it must not by any means come too much, for that is the grossest abuse that may be; and that which we call comed or sprouted too much, is, when either by negligence, for want of looking to the couch and not opening of it, or for want of turning when the Malt is spread on the floor, it Comes or Sprouts at both ends, which Husbands call Aker-spired: such Corn, by reason the whole heart or substance is driven out of it, can be good for no purpose but the Swine-trough, and therefore you must have an especial care both to the well tending of the couch, and the turning the Malt on the floor, and be sure (as near as you can) by the ordering of the couch, and heaping the hardest grain inward and warmest, to make it all come very indifferently together. Now, if it so fall out, that you by your Barley, and happen to light on mixt grain, some being old Corn, some new Corn, some of the heart of the stack, and some of the staddle, which is an ordinary deceit with Husbandmen in the Market, then you may be well assured, that this grain can never come nor sprout equally together, for the new Corn will sprout before the old, and the staddle before that in the heart of the stack, by reason the one exceedeth the other in moistness: therefore in this case you shall mark well which cometh first, which will be still in the heart of the couch, and with your hand gather it by it self into a separate place, and then heap the other together again: and thus as it cometh and sprouteth, so gather it from the heap with your hand, and spread it on the floor, and keep the other still in a thick heap till all be sprouted. Now lastly observe, that if your Malt be hard to sprout or come, and that the fault consist more in bitter coldness of the season, than any defect of the Corn, that then (besides the thick or close making of the heap or couch) you shall not to cover it over with some thick wollen clothes, as course Coverlids, or such like stuff, the warmth

warmth whereof will make it come presently; which once perceived, then forth with uncloath it, and order it as aforesaid in all points. And thus much for the Art, Order, Skill, and Gunning, belonging to Malt-making.

Now as touching the making of Oats into Malt, which is Of Oat-meal. a thing of general use, in many parts of this Kingdom where Barley is scarce, as in *Cheshire*, *Lancashire*, much of *Darbyshire*, *Devonshire*, *Cornwall*, and the like, the Art and Skill is all one with that of Barley, nor is there any variation or change of work, but one and the same order still to be observed; onely by reason that Oats are more swift in sprouting, and apt to clutter, ball and hang together by the length of the sprout then Barley is, therefore you must not fail but turn them oftner than Barley, and in the turning be careful to turn all and not leave any unmoved. Lastly, they will need less of the floor then Barly will; for in a full fortnight, or a fortnight and two or three daies you may make very good and perfect Oat-malt. But because I have a great deal more to speak particularly of Oats in the next Chapter, I will here conclude this, and advise every skilful House-wife to joyn with mine observations, her own tryed experience, and no doubt but she shall find both profit and satisfaction.

C H A P. VIII.

Of the Excellency of Oats, and the many singular vertues and use of them in a Family.

O Ates although they are of all manner of grain the cheapest because of their generality, being a grain of that goodness never so rich, or never so poor, as if nature had made it the only loving companion and true friend to mankind; yet it is a grain of that singularity for the multiplicity of vertues, and necessary uses for the sustenance and support of the Family, that not any other grain is to be compared with it; for if any other have equal vertue, yet it hath not equal value, and if not equal value, then

then it wants many degrees of equal vertue; so that joyning vertue and value together, no *Husband Housewife*, or *Horse-keeper*, whatsoever hath so true and worthy a friend, as his Oats are.

The vertue of
Oats to Cat-
tel.

To speak then first of the Vertues of Oats as they accrew to Cattel and Creatures without doors, and first to begin with the Horse, there is not any food whatsoever that is so good, wholesome and agreeable with the nature of a Horse as Oats are, being a provender in which he taketh such delight, that with it he feedeth, travelleth, and doth any violent labour whatsoever, with more courage and comfort, then with any other food that can be invented, as all men know that have either use of it, or Horses: neither doth the Horse ever take surfeit of Oats (if they be sweet and dry) for albeit, he may be well glutted, or stalled upon them with indiscreet feeding, and so refuse them for a little time, yet he never surfeitheth, or any present sickness will follow after: whereas no other grain but gluts a Horse therewith, and instantly sickness will follow, which shews surfeit; and the danger is oft incurable: for we read in *Italy*, at the siege of *Naples* of many hundred Horses that died of the surfeit of Wheat; at *Rome* also died many hundred Horses of the plague, which by due proof was found to proceed from a surfeit taken of Peason, and Fetches; and so I could run over all other grains, but it is needless, and far from the purpose I have to handle; suffice it, Oats for Horses are the best of all foods whatsoever, whether they be but only clean thrasht from the straw and so dried, or converted to Oat-meal, and so ground and made into bread Oats boyld and given a Horse whilst they are cool and sweet, are an excellent food for any Horse in the time of disease, poverty or sickness; for they scour and fat exceedingly.

In the same nature that Oats are for Horses, so are they for the Ass, Mule, Camel, or any other beast of burthen.

If you will feed either Ox, Bull, Cow, or any Neat whatsoever to an extraordinary height of fatness, there is no food doth it so soon as Oats do, whether you give them in the straw, or clean thrasht from the sheaf, and well winnowed; but the winnowed Oat is the Best; for by them I have seen an Ox fed to twenty pounds, twenty four pound and thirty pound, which is a most unreasonable reckoning for any beast; only seam, and the tallow hath been precious.

Sheep

Sheep or Goats may likewise be fed with Oats, to as great price and profit as with Pease, and Swine are fed with Oats either in raw Milk, or otherwise, to as great thicknes as with any Grain whatsoever; only they must have a few Pease after the Oats to harden the Fat, or else it will wast, and consume in boyling. Now for holding Swine, which are only to be preserved in good flesh, nothing is better than a thin mange made of Ground-Oats, Whey, Butter-milk, or other ordinary Wash or Swillings, which either the Dairy or Kitchen affordeth; nor is there any more soveraign or excellent meat for Swine in the time of sickness, than a mange made of Ground-Oats and sweet Whey, warmed luke-warm on the fire, and mixt with the powder of Ruddle, or red Oaker. Nay if you will go to the matter of pleasure, there is not any meat so excellent for the feeding and wholesom keeping of a Kennel of Hounds, as the Mange made of Ground-Oats and scalding water, or of Beef-broth, or any other Broth, in which flesh hath been sodden; if it be for the feeding, strengthening, and comforting of Grey-hound, Spaniels, or any other sort of tender Dogs, there is no meat better than Sheeps-heads, hair and all, or other Entrails of Sheep chopt and well sodden with good store of Oat-meal.

Now for all manner of Poultry, as Cocks, Capons, Hens, Chickens of great size, Turkeys, Geese, Ducks, Swans, and such like, there is no Food feedeth them better than Oats, and if it be in the young Breed of any of those kinds, even from the first hatching or disclosing, till they be able to shift for themselves there is no food better whatsoever than Oat-meal Groats, or fine Oat-meal, either simple of it self, or else mixt with Milk, Drink or else new made Urine.

Thus much touching the vertues and quality of Oats or Oat-meal, as they are serviceable for the use of Cattel and Poultry. Now for the most necessary use thereof for man, and the general support of the Family, there is no Grain in our knowledg answerable unto it.

Vertues of
Oats for man.

First for the simple Oat it self (excepting some particular Physick helps, as frying them with sweet butter, & putting them in a bag, and very hot applied to the belly or stomach, to avoid Collick or Windiness, and such Experiments) the most special use which is made of them

Making of
Oat-meal.

is for Malt to make Beer or Ale of, which it doth exceeding well, and maintaineth many Towns and Countries: but the Oatmeal which is drawn from them, being the heart and kernel of the Oat, is a thing of much rarer price and estimation; for to speak truth, it is like Salt of such a general use, that without it hardly can any Family be maintained, therefore I think it not much amiss to speak a word or two touching the making of Oatmeal. You shall understand then, that to make good and perfect Oat-meal, you shall first dry your Oats exceeding well; and then put them on the Mill, which may either be Water mill or Wind-mill, or Horse-mill, but the Horse-mill is best) and no more but crush or hull them, that is, to carry the stones so large that they may no more but crush the husk from the Kernel: then you shall winnow the Hulls from the Kernels either with the Wind, or a Fan, and finding them of an indifferent cleanness (for it is impossible to hull them all clean at the first) you shall then put them on again, and making the Mill go a little closer, run them through the Mill again, and then winnow them over again, and such Greets or Kernels as are clean hull'd, and well cut, you may lay by, and the rest you shall run through the Mill again the third time, and so winnow them again, in which time all will be perfect, and the Greets or full Kernels will separate from the smaller Oat-meal; for you shall understand, that at this first making of Oat-meal, you shall ever have two sorts of Oat-meals that is, the full whole Geet or Kernel, and the small Dust-Oat-meal. As for the coarse Hulls or Chaff that cometh from them, that also is worthy saving; for it is an excellent good Provender for any Plow and labouring Horses, being mixt with either Beans Pease, or any other Pulse whatsoever.

The virtues of
Oat-meal.

Now for the use and virtues of these several kinds of Oat-meals in maintaining the Family, they are so many (according to the many customs of many Nations) that it is almost impossible to reckon all; yet (as near as I can) I will impart my knowledge, and what I have taken from relation.

First, for the small dust, or meal, Oat-meal, it is that with which all Potrage is made and thickened, whether they be Meat-Pottage, Milk pottage, or any thick or else thin Grewel whatsoever, of whose goodness and wholesomeness it is needless to speak, in that it is frequent with every Experience: Also, with this small meal

meal, Oat-meal, is made in divers Countreys six severall kinds of very good and wholsome bread, every one finer than another, as your *Anacks*, *Fanacks* and such like. Also there is made of it, both thick and thin Oaten Cakes, which are very pleasant in tast and much esteemed: but if it be mixed with fine Wheat-meal, then it maketh a most delicate and dainty Oat-cake, either thick or thin, such as no Prince in the world but may have them served to his Table. Also this small Oat-meal mixed with blood, and the Liver of either Sheep, Calf, or Swine, maketh that pudding which is called the Haggas, or Haggus, of whose goodness it is in vain to boast, because there is hardly to be found a man that doth not affect them. And lastly, from this small Oat-meal by oft steeping it in water and cleasing it, and then boyling it to a thick and stiff jelly, is made that excellent dish of meat which is so esteemed of in the West parts of this Kingdom, which they call Wash-brew, and in *Cheshire* and *Lancashire* they call it Flamery, or Flumery, the wholsomness and rare goodness, nay, the very Physick helps thereof, being such and so many, that I my self have heard a very reverend and worthily renowned Physician speak more in the commendations of that Meat, than of any other food whatsoever. And certain it is, that you shall not hear of any that ever did surfeit of this Wash-brew or Flamery; and yet I have seen them of very dainty and sickly Stomachs which have eaten great quantities thereof beyond the proportion of ordinary meats. Now for the manner of eating this meat, it is of divers diversly used; for some eat it with Honey, which is reputed the best Sauce; some with Wine, either Sack, Claret or White; some with strong Beer or strong Ale, and some with Milk, as your ability, or the accommodations of the place will administer.

Now there is derived from this Wash-brew another courser meat, which is as it were the Dregs, or grosser substance of the Wash-brew, which is called Gird-brew, which is a well filling and sufficient meat, fit for Servants and men of labour; on the commendation whereof, I will not much stand, in that 'tis a meat of harder digestion, and fit indeed but for strong Stomachs, and such whose toyl and much sweat both

liberally spendeth evil humours, and also preserveth men from the offence of fulness and Surfeits.

Now for the bigger kind of Oat-meal, which is called Greet, or Corn Oat-meal, it is of no less use than the former, nor are there fewer Meats compounded thereof. For first, of these Greet are made all sorts of Puddings, or Pots, (as the West Country terms them) whether they be black, as those which are made of the blood of Beasts, Swine, Sheep, Geese, Red or Fallow Deer, or the like, mixt with whole Greet, Suet, and wholsome herbs; or else white, as when the Greet are mixt with good Cream, Eggs, Bread-crumbs, Suet, Currants, and other wholsom Spices. Also of these Greet is made the Good-Friday-pudding, which is mixt with Eggs, Milk, Suet, Penny-royal; and boyl'd first in a linnen bag, and then stript and buttered with sweet Butter. Again, if you roast a Goose, and stop her belly with whole Greet beaten together with Eggs, and after mixt with the Gravy, there cannot be a better or pleasanter Sawce. Nay, if a man be at Sea in any long Travel, he cannot eat a more wholsome and pleasant meat than these whole Greet boyled in water till they burst and then mixt with Butter, and so eaten with Spoons, which although Seamen call it simply by the name of Loblolly, yet there is not any meat, how magnificent soever the name be, that is more toothsome or wholsome. And to conclude, there is no way or purpose whatsoever, to which a man can use or employ Rice, but with the same seasoning and order you may employ the whole Greet of Oat-meal, and have full as good and wholsome meat, and as well tasted; so that I may well knit up his Chapter with this approbation of Oat-meal, that the little charge and great benefit considered, it is the very Crown of the Housewives Garland, and doth more grace her Table and her Knowledge, than all Grains whatsoever; neither indeed can any Family or Household be well and thriftily maintained, where there is either scant or wanting. And thus much touching the nature, worth, virtues, and great necessity of Oats, and Oat-meal.

CHAP. IX.

Of the office of the Brew-house, and the Bake-house, and the necessary things belonging to the same.

VHen our *English Housewife* knows how to preserve health by wholesome Physick, to nourish by good meat and to cloth the body with warm Garments, she must not then by any means be ignorant in the provision of Bread and Drink; she must know both the proportions and compositions of the same. And for as much as Drink is in every house more generally spent than Bread, being indeed (but how well I know not) made the very substance of all Entertainment; I will first begin with it, and therefore you shall know that generally our Kingdom hath but two kinds of Drinks: that is to say, Beer and Ale, but particularly four, as Beer, Ale, Perry, and Cider; and to these we may add two more, Mede, and Metheglin, two compound Drinks of Honey and Herbs, which in the places where they are made, as in *Wales*, and the Marshes, are reckoned far exceeding wholesome and Cordial.

Diversities of Drinks.

To speak then of Beer, although there be divers kinds of taste and strength thereof, according to the allowance of Malt, Hops, and Age given unto the same, yet indeed there can be truly said to be but two kinds thereof, namely Ordinary Beer, and March Beer, all other Beers being derived from them.

Strong Beer.

Touching ordinary Beer, which is that, wherewith either Nobleman, Gentleman, Yeoman, or Husbandman, shall maintain his family the whole year, it is meet first that our *English Housewife* respect the proportion or allowance of Malt due to the same, which amongst the best Husbands is thought most convenient; and it is held, that to draw from one quarter of good Malt three Hogsheads of Beer, is the best ordinary proportion that can be allowed, and having Age and good Cask to lye in, it will be strong enough for any good mans drinking.

Of ordinary Beer.

Now for the brewing of Ordinary Beer, you Malt being well

Of brewing ordinary beer.

well ground, and put in your Mash-fat, and your Liquor of your Lead ready to boyl, you shall then by little and little with Scoops or Pails put the boyling Liquor to the Malt, and then stir it even to the bottom exceeding well together, which is called the Mashing of the Mault, then the Liquor swimming in the Top, cover all over with more Malt, and so let it stand an hour and more in the Mash fat, during which space you may if you please heat more Liquor in your Lead for your second or small Drink; this done, pluck up your mashing Stroom, and let the first Liquor run gently from the Malt, either in a clean Trough, or other vessels prepared for the purpose, and then stopping the Mash fat again, put the second Liquor to the Malt, and stir it well together; then your Lead being emptied, put your first Liquor or Wort therein, and then to every quarter of Malt put a pound and a half of the best Hops you can get, and boyl them an hour together, till taking up a Dish-ful thereof, you see the Hops shrink into the bottom of the Dish, this done, put the Wort through a straight Sieve, which may drain the Hops from it into your Cooler, which standing over the Guile-fat; you shall in the bottom thereof set a great Bowl with your Barm, and some of the first Wort (before the Hops come into it mixt together) that it may rise therein, and then let your Wort drop or run gently into the Dish with the Barm which stands in the Guile-fat, and this you shall do the first day of your brewing, letting your Cooler drop all the night following and some part of the next morning, and as it drops if you find that a black skum or mother riseth upon the Barm, you shall with your hand take it off, and cast it away, then nothing being left in the Cooler, and the Beer well risen, with your hand stir it about, and so let it stand an hour after, and then beating it and the Barm exceeding well together, tun it up into the Hogheads, being clean wash'd and scalded, and so let it purge; and herein you shall observe not to tun your Vessels too full, for fear thereby it purge too much of the Barm away. When it hath purged a day and a night, you shall close up the Bung-holes with Clay, and onely for a day or two after, keep a Vent-hole in it, and after close it up as fast as may be. Now for your second or small drink

drink which are left upon the Grains you shall suffer it there to stay but an hour, or a little better, and then drain it all off also; which done, put it into the Lead with the former Hops, and boyl the other also, then clear it up from the Hops and cover it very close, till your first Beer be Tunned, and then, as before, put it also to Barm, and so Tun it up also in smaller vessels, and of this second Beer you shall not draw above one Hoghead to three of the better. Now there be divers other ways and observations for the Brewing of ordinary Beer, but none so good, so easie, so ready, and quickly performed, as this before shewed; neither will any Beer last longer, or ripen sooner, for it may be drunk at a fortnights age, and will last as long and lively.

Now for the brewing of the best March-Beer, you shall allow to a Hoghead thereof, a quarter of the best Malt well ground; then you shall take a peck of Pease, half a Peck of Wheat, and half a Peck of Oats, and grind them all very well together, and then mixt them with your Malt; which done, you shall in all points brew this Beer, as you did the former ordinary Beer; only you shall allow a pound and a half of Hops to this one Hoghead: and whereas before you drew but two sorts of Beer, so now you shall draw three, that is, a Hoghead of the best, and a Hoghead of the second, and and half a Hoghead of small Beer, without any augmentation of Hops or Malt.

Of Brewing
the best March
Beer.

This March-Beer would be brewed in the months of *March* or *April*, and should (if it have right) have a whole year to ripen in: it will last two, three, or four years, if it lye cool, and endure the drawing to the last drop, though with never so much leisure.

Now for the Brewing of strong Ale, because it is Drink of no such long lasting as Beer is, therefore you shall brew less quantity at a time thereof, as two Bushels of Noathern measure (which is four Bushels, or half a quarter in the South) at a Brewing, and not above, which will make fourteen Gallons of the best Ale. Now for the mashing and ordering of it in the Marsh-fat, it will not differ any thing from that of Beer

Beer: as for Hops, although some use not to put in any, yet the best Brewers thereof will allow to fourteen Gallons of Ale a good Espen full of Hops, and no more: yet before you put in your Hops, as soon as you take it from the Grains, you shall put it into a vessel, and change it, or blink it, in this manner: Put into the Wort a Handful of Oak-boughs, and a Pewter-dish, and let them lye therein till the Wort look a little paler than it did at the first, and then presently take out the Dish and the Leaves, and then boyl it a full Hour with the Hops, as aforesaid, and then cleanse it, and set it in vessels to cool; when it is milk-warm, having set your Barm to rise with some sweet Wort, then put all into the Guile-fat, and as soon as it riseth, with a Dish and Bowl beat it in, and so keep it with continual beating a day and a night at least, and after tun it. From this Ale you may also draw half so much very good middle Ale, and a third part very good small Ale.

Brewing of
Bottle Ale.

Touching the brewing of Bottle-Ale, it differeth nothing at all from brewing of strong Ale, onely it must be drawn in a larger proportion, as at least twenty Gallons of half a quarter; and when it comes to be changed, you shall blink it (as was before shewed) more by much than was the strong Ale, for it must be pretty and sharpe, which giveth the life and quickness to the Ale: and when you tun it, you shall put it into round Bottles with narrow mouths, and then stopping them close with Cork, set them in a cold Cellar up to the waste in Sand, and be sure that the Corks be fast tied in with strong Packthread, for fear of rising out, or taking vent, which is the utter spoyl of the Ale.

Now for the small drink arising from this Bottle-Ale, or any other Beer or Ale whatsoever, if you keep it after it is blink'd and boyled in a close vessel, and then put it to Barme every morning as you have occasion to use it, the Drink will drink a great deal the fresher, and be much more lively in tast.

Of making
Perry or Cider.

As for the making of Perry and Cider, which are Drinks must used in the West parts, and other Countries well stored with fruit in this Kingdom; you shall know, that your

your Perry is made of Pears only, and your Cider of Apples; and for the manner of making thereof, it is done after one fashion, that is to say, After your Pears and Apples are well pick'd from the stalks, rottenness, and all manner of other filth, you shall put them in the Press-mill, which is made with a Mill-stone running round in a Circle, under which you shall crush your Pears or Apples, and then straining them thorow a bag of hair-cloth, tun up the same (after it hath been a little settled) into Hogheads, Barrels, and other close vessels.

Now after you have prest all, you shall save that which is within the hair-cloth bag, and putting it into several vessels, put a pretty quantity of Water thereunto, and after it hath stood a day or two, and hath been well stirred together, press it also over again, for this will make a small Perry or Cider, and must be spent first. Now of your best Cider, that which you make of your Summer or sweet fruit, you shall call Summer or sweet Cyder or Perry, and that you shall spend first also; and that which you make of the Winter and hard Fruit, you shall call Winter, and fowr Cider or Perry, and that you may spend last, for it will endure the longest.

Thus after our *English House-wife* is experienc'd in the brewing of these several drinks, she shall then look into her Bake-house, and to the making of all sorts of Bread, either for Masters Servants, or Hinds, and to the ordering and compounding of the meal for each several use. Of Baking.

To speak then first of Meals for Bread, they are either simple or compound. simple, as Wheat, and Rye; or compound, as Rye and Wheat mixt together: or Rye, Wheat and Barley mixt together: and of these the oldest meal is ever the best, and yieldeth most, so it be sweet, and untainted; for the preservation whereof, it is meet that you cleanse your meal well from the Bran, and then keep it in sweet vessels. Ordering of Meal.

Now for the baking of Bread of your simple meals, your best and principal Bread is Manchet, which you shall bake in this manner: First, your Meal being ground upon the black stones, Baking Man-chets.

Cccc

if

if it be possible, which makes the whitest flower, and bouted through the finest boulding cloth, you shall put it into a clean Kimmel, and opening the flower hollow in the midst, put into it of the best Ale Barm, the quantity three pints to a Bushel of meal, with some Salt to season it with, then put in your Liquor reasonable warm, and knead it very well together with both your hands, and through the brake; or for want thereof, fold it in a cloth, and with your feet tread it a good space together, then letting it lie an hour or thereabouts, to swell, take it forth, and mould it into Manchets rounds and flat, scotch them about the waste to give it leave to rise, and prick it with your knife in the top, and so put it into the Oven, and bake it with a gentle heat.

To bake the best Cheat Bread, which is also simply of Wheat only, you shall after your meal is drest and bouted through a more course boulder than was used for your Manchets, and put also into a clean Tub, Trough or Kimmel, take a fewr Leven, that is, a piece of such like Leven saved from a former batch, and well fill'd with Salt, and so laid up to fowr; and this fowr Leven you shall break into small pieces into warm water, & then strain it; which done, make a deep hollow hole, as was before said, in the midst of your flower, and therein pour your strained liquor, then with your hand mix some part of the flower therewith, till the liquor be as thick as a Pancake batter, then cover it all over with meal, and so let it lie all that night, the next morning stir it, and all the rest of the meal well together, and with a little more warm water, barm, and salt to season it with, bring it to a perfect Leven, stiff and firm; and knead it, break it, and tread it, as was before said in the Manchets, and so mould it up in reasonable big Loaves, and then bake it with an indifferent good heat: and thus according to these two examples before shewed, you may bake Levened or unlevened Bread whatsoevr whether it be simple Corn, as Wheat or Rye of it self; or compound Grain, as Wheat and Rye, or Wheat and Barley, or Rye and Barley, or any other mixt white Corn; only because Rye is a little stronger Grain than Wheat, it shall be good for you to put your water a little hotter than you did your Wheat.

For

For your own Bread, or Bread for your hind-servants, which is the courtest Bread for mans use, you shall take of Barley two bushels, of Pease two Pecks, of Wheat or Rye a peck, a peck of Malt: these you shall grind all together, and dress it through a Meal sieve, then putting it into a sower trough, set Liquor on the fire, and when it boyls, let one put in the water, and another with a mash rudder stirr some of the flower with it after it hath been seasoned with salt, and so let it be till the next day, and then putting to the rest of the flower, work it up into stiff Leven, then mould it, and bake it into great Loaves with a very strong heat; now if your trough be not sower enough to sower your Leven, then you shall either let it be longer in the trough, or else take the help of a sower Leven with your boyling water: for you must understand, that the hotter your Liquor is, the less will the smell or rankness of the Pease be perceived. And thus much for the baking of any kind of bread, which our *English House-wife* shall have occasion to use for the maintenance of her Family.

As for the general Observations to be respected in the Brew-House, or Bake-house, they be these: First, that your Brew-house be seated in so convenient a part of the House that the smoak may not annoy your other more private rooms; then that your Furnace be made close and hollow for saving fewel, and with a vent for the passage of smoak, lest it taunt your Liquor; then that you prefer a Copper before a Lead: next, that your Mash-fat, be ever nearer to your Lead, your cooler nearer your Mash-fat, and your Guil-fat under your cooler, and adjoyning to them all several clean tubs to receive your Worts and Liquors: Then in your Bake-house, you shall have a fair boulting-house, with large Pipes to boulte Meal in, fair Troughs to lay Leven in, and sweet Safes to receive your Bran; you shall have Boulters, Searses, Ranges, and Meal-sieves of all sorts, both fine and course; you shall have fair Tables to mould on, large Ovens to bake in, the soales thereof, rather of one or two intire stones, then of many bricks, and the mouth made narrow, square, and easie to be close covered: As for your peels, Cole-rakes, Maukings, and such like, though they be necessary, yet they are of such general

ral use they need no further relation. And thus much for a full satisfaction to all the *Husbands* and *Honourers* of this Kingdom, touching *Brewing, Baking, and all whatsoever else appertaineth to either of their Offices*, being that you shall find in this

The end of the English Housewife.



FINIS.

